

The Morning Calm Weekly

Volume 3, Issue 14

PUBLISHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

Jan. 21, 2005

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The Morning Calm
Weekly is



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Talking the talk



SGT. OHN SANG-JOON

Sgt. 1st Class Richard Tellez, U.S. Army Material Support Command – Korea and Sgt. Lee Yoong-ki, Headquarters and Headquarters Company, Area IV Support Activity, Camp Carroll, share a traditional American breakfast with their students from the Camp Carroll English Camp at Camp Carroll Dining Facility Jan. 13. Thirty-six Korean middle and high school students and nine teachers from 11 Chilgok County schools were at the installation's first English Camp Jan. 10-14. Participants enjoyed a variety of activities, including a tour of the installation and the Walker Army Heliport. (See related articles, Pages 25 and 26.)

DFAS overpays 53,000 Soldiers

by Eric W. Cramer
Army News Service

WASHINGTON — Soldiers who noticed an extra few hundred dollars in their mid-month January paychecks shouldn't rush to spend it.

The Defense Finance and Accounting Service made an error that caused about 53,000 Soldiers to be paid too much in January. The Army will collect the funds from end-of-month paychecks to restore financial balance.

Most of the affected Soldiers received overpayments of between \$200 and \$300. There are 316 Soldiers who received overpayments of more than \$500, a DFAS official said.

When the Army "draws back" the overpayments, it will take back the overpayments of \$500 and more in two installments, officials said, to reduce any potential hardship for Soldiers.

Those who received less than \$500 extra will see the drawback in the

January end-of-the-month paycheck, Col. Kenneth Crowder, director of Army Pay Operations for the Defense Finance and Accounting Service, said those affected are Soldiers who have Army meal cards, but who are authorized for reimbursement for some meals.

Crowder said an incorrect date entered into a computer database caused the error. He said DFAS was changing to the new rate for meal reimbursements, when a data entry error backdated the change to 2004.

"It (the computer system) tried to apply the new rate to the entire previous year," Crowder said.

He said DFAS is notifying the affected Soldiers via their Army Knowledge Online accounts and through their chains of command.

"Every Soldier involved will receive a specific, personal e-mail explaining what occurred and what the corrective actions are," Crowder said.

In Indonesia, bridge building starts with single coconut

By Samantha L. Quigley

American Forces Press Service

The scene rarely changes from morning to morning. It's sunny. It's hot. It's humid. And there are always two groups of people waiting for them: Local citizens still living in the area and members of the Indonesian military.

"The (Indonesian) Marines are very open-arms to us," said Marine Sgt. Maj. David Bullock with the 15th Marine Expeditionary Unit. "They know we're providing aid to the people of Indonesia."

The Indonesian military component is present to help keep local residents who are still living in the area behind an established perimeter. They, like the local people, also are interested in the daily deliveries of humanitarian supplies that come in by air-cushioned landing craft.

A portion of the deliveries are loaded into trucks and then taken to an Indonesian government direct distribution warehouse.

"The (Indonesian) military's been good with me helping control the crowds," Bullock said. "They've

done what we ask. (If) we need to set up a perimeter, if I point out a spot, they'll stay there all day."

Though the relationship between the two militaries is friendly but professional, contact can be limited. But every once in a while, common ground emerges and a relationship grows stronger. Today, common ground was found in a coconut.

At mid-morning, one of the Indonesian servicemembers scaled a palm tree and dropped a few green coconuts. One of his colleagues on the ground looked at a Marine and pointed to one of the coconuts, indicating that the Marine should pick it up.

Before it was all over, Bullock was learning how to hack away the top part of the coconut to get to the milk. With that mission complete, it was time to unload the second landing craft of the day.

When the 35 pallets of supplies – 20 with boxes of rations and 15 with boxes of bottled water – were stacked on the beach, it was time to load those trucks. That's when it became apparent that teamwork not only builds bridges, but also moves dump trucks stuck

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PHOTO BY SAMANTHA L. QUIGLEY

Marine Sgt. Maj. David Bullock, 15th Marine Expeditionary Unit, practices hacking away the outer shell of a green coconut to get to the milk, as Sgt. Hadi Supriyanto, Indonesian military, looks on.

MP Blotter

The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ Military Police were notified of an assault on an Army Air Force Exchange Service cab driver. MPI revealed through investigation that a Soldier and three unknown persons entered the cab then an unknown person(s) struck the driver in the back of the head with an open hand. When the driver tried to notify the military police the unknown person(s) fled the area. Search of the area by the MP patrol met with negative results. No injuries were reported. Investigation continues by MPI.

■ The military police were notified by email of a larceny of U.S. mail. Investigation revealed that a Soldier on postal service duty stole a laptop computer which was addressed to another Soldier. The Soldier re-wrapped the computer and mailed it to his wife. He was interviewed by CID and confessed to the above offenses while performing his postal duties. The computer was recovered. Investigation continues by CID.

■ Military police were notified by USACIDC of an indecent assault. Investigation disclosed that an unknown black male indecently assaulted a female Soldier when he grabbed her by the arms and pinned her down on the ground in an attempt to sexually assault her. USACIDC interviewed the female, who provided a sworn statement. She stated that she got off the bus at a bus stop and walked toward her barracks building. While passing through a grassy area in front of the building, she was approached by a black male, who asked her if she knew him. When she turned toward him, he grabbed her by the arms and pinned her down on the ground, placing both her hands over her head with his left hand while trying to undo his pants with the other hand. When she screamed for help, the male freed her hands and fled the scene. Investigation continues by the USACIDC.

■ Trial Defense Services telephonically notified USACIDC and the military police of a rape. USACIDC revealed through investigation the offense took place when the female Soldier was consuming alcohol with a male Soldier in her barracks room, he got on top of her and forcibly pulled down her pants. The Soldier subsequently engaged in sexual intercourse with the female while she verbally and physically resisted. Investigation continues by USACIDC.

Send story submissions, Letters to the Editor and other items to The Morning Calm Weekly at MorningCalmWeekly@korea.army.mil.

Manning's playoff disappearing act starting to look all too familiar

By Staff Sgt. Mark Porter
Korea Region Public Affairs

Each year it gets a little bit harder to be a fan of Peyton Manning. It should be easy to cheer for the Indianapolis Colts' quarterback -- young, humble, tough and talented, he would seem to be everything you could ask for in a sports star.

Except a winner. Despite all his ability, all the yards and points he piles up during the regular season, when it matters most Manning seems to do the least.

Recently I heard someone compare him to Dan Marino, saying both will be remembered as scoring machines that seemed to always malfunction in the playoffs. I think a better comparison is to a player from another sport; basketball's Dominique Wilkins.

Nicknamed the "Human Highlight Film," Wilkins was arguably the most entertaining, watchable player in the NBA during the 1990s not named Michael Jordan.

If you wanted to see an amazing dunk, Wilkins was your guy. But nobody would have chosen him to take the final shot with the game on the line.

Unfortunately, Manning is now filling that role on the football field. With his strong arm, gambler's nerve and talent for changing plays at the line of scrimmage, Manning is the darling of ESPN's Sportscenter. His game is built for the highlight reel, just not the playoffs.

Before anyone accuses me of being too hard on the guy let me admit that I am, in fact, a fan of Mr. Manning. I even got up early the last two weekends to watch the Colts' playoff games against Denver and New England. And while I still admire his gifts, I am no longer convinced of Manning's place among the game's greats.

Simply put, when it's win-or-go-home time in the NFL do I think Manning will get it done? No.

At this point I would have to say an argument could be made that the New England Patriot's Tom Brady -- and not Manning -- is the league's best quarterback. (and before I get into this, let me say that it pains me to make this argument. I hate Brady as I would hate any rich, handsome, insanely popular athlete who dates movie stars. He is living the life I signed up for and I resent him for it. To recap: I hate Tom Brady.)

But I can't ignore Brady's accomplishments. Two Super Bowls in three years is a compelling argument. He may not have Manning's numbers or his records, but he has the hardware.

Coming to grips with Manning's shortcoming has been especially hard for me, as I am now at an age (never mind how old) where I have accepted the fact that my best athletic days are behind me.

I am now in that not-so-magical time of life where my days of sports glory are in the past and my children are still too young for me to live vicariously through them. So, until

the younger Porters get old enough, and interested in, organized sports, I will have to celebrate the victories of strangers like Manning in place of my own.

Am I officially off the Peyton Manning bandwagon? No. I am still a Colts fan and will still root for them whenever they play. I might not be talking as loudly next year when the playoffs roll around but I will be watching.

And, if I were NFL general manager starting a new team, I wouldn't hesitate to make Manning my first draft choice. He puts points on the board and fans in the seats.

If I was putting a team together for a one-year run at the title, though, I think I might look somewhere other than Indiana when it came time to choose a quarterback.

Manning stands tall in the record books, but so far he has come up short when it counts. While Brady is compared to Jordan, Joe Montana and Brett Favre, the Colt QB is lumped in with also-rans like Marino and Wilkins.



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Support and Defend

NEWS & NOTES

160th SOAR Recruiting

The 160th Special Operations Aviation Regiment "Night Stalkers" are looking for qualified aviators to fill positions in the nation's only special operations aviation regiment. Anyone interested in flying today's newest and most advanced aircraft, and working with highly trained and motivated Soldiers should contact the 160th SOAR recruiting office at RECRUITERS@SOAR.ARMY.MIL or call 270-798-9819 (DSN 635-9819).

Kyongju BOSS Trip

The Better Opportunities for Single and Unaccompanied Soldiers program is offering Soldiers the opportunity to see Korea's "museum without walls," the city of Kyongju. As the first capital during the Shilla dynasty, there are many temples, palaces and historical sites to see there. The two-day trip is organized for President's Day weekend at a rate of \$100.

Famous historical sites include the Kyongju National Museum, Anapji Pond, Kimsa Temple, Flying Horse (Chongma-Chong) Tomb, Bulkuksa Temple and Sokkuram Grotto.

The trip includes two nights lodging, round-trip airfare, sight-seeing tours and five meals. BOSS is a Morale, Welfare and Recreation program dedicated to enhancing the lives of single and unaccompanied Soldiers throughout Korea.

For information or to sign up, call your local Community Activities Center, BOSS representative, or 725-6070.

Road Work

A Library Drainage Project will close one lane of 8th Army Drive near the library through Feb. 1. Drivers should expect delays in this area.

Tsunami Relief Taxbreak

President Bush signed Congressional legislation permitting donors to receive a tax deduction on their 2004 taxes for cash contributions made for tsunami disaster relief to domestic, tax-exempt charitable organizations that provide assistance to individuals in foreign lands. To qualify for the 2004 tax year, gifts must be made by Jan. 31. For information, see the Internal Revenue Service Web site at www.irs.gov.

Sexual Assault Web Site

The Army launched a Web site at www.sexualassault.army.mil, to promote steps leaders and Soldiers at all levels can take to prevent and respond to instances of potential sexual assault. The site includes links to Training and Doctrine Command training materials.

HRC Team Visits Korea

A Human Resource Command team, consisting of officer branch managers from the Officer Professional Management Division, will be in Korea Monday through Jan. 28 to talk with officers stationed here about career field issues and to answer their questions.

The HRC team will be at Yongsan South Post Theater from 1:30-3 p.m. Wednesday. The team will also be at Camp Humphreys' Theater, Wednesday; the Camp Henry Theater, Thursday; and the Camp Casey Theater, Jan. 28.

Estate Claim Notice

A summary court martial officer has been appointed to oversee the estate of Thomas L. Knipper, who died Oct. 27. Knipper was a program analyst with Far East District. Anyone with a claim against his estate may call Jason Kim, at 721-7247.

Army officer, family witness disaster in Thailand

By Master Sgt. Kimberly Williams

19th TSC Public Affairs

Thankful. Blessed. Lucky.

Those three words sum up the experiences of Col. Carleton Smith, his wife, Cathy, and sons, Andrew and Neill, who survived the tsunami Dec. 26 while in Thailand.

Their long-awaited family vacation turned into a nightmare, when the killer waves struck while they were touring a local island just off the coast of Thailand.

The Smiths were in Thailand because their sons wanted to become certified scuba divers and had fallen in love with the country on a previous family visit three years ago, Cathy said. Because both sons attend college in the states, the family had to plan the trip around the Christmas holiday.

"(December is) the worst time to visit Thailand, because it is the highest tourist season," said Carleton, who is the commander of the 55th Theater Materiel Management Center, Camp Henry.

"Well, it definitely ended up being the worst time to visit," added Cathy, with a laugh. But the laughter stopped quickly as she recalled the devastation they witnessed that day in December.

Once the family arrived in Thailand, Cathy said she insisted they take part in a tour program before the diving certification in Phuket. She wasn't going to dive and wanted to see other sites in Thailand first, she said.

Cathy's decision to do the five-day tour program through Thai Airways was the first of a series of lucky circumstances, which may have saved their lives. If they hadn't done the tour, the family would have been in Phuket, which was devastated when the tsunami struck.

On the last day of the tour, Dec. 26, the Smiths departed their hotel in Krabi, located inland, for an all-day boat tour, Carleton said.



PHOTO BY COL. CARLETON SMITH

Cathy Smith and her son, Neill, on James Bond Island the day before the tsunami struck. This was one of the locations devastated by the waves.

"We were supposed to make three stops on the longboats, and we were on stop number two when the wave hit," said Andrew, who is a freshman at Texas A&M in Galveston, Texas.

The longboats dropped off the passengers on Poda Island for a two-hour stop to snorkel and swim, Carleton said.

"We got to the island at about 10:30 a.m. local time," Cathy said. "I wanted to go snorkeling next to a rocky area, but Andrew insisted on going to the sandy beach."

"I didn't argue with him, and that decision probably saved my life," she said.

Cathy and Andrew went snorkeling for a short time and then returned to the beach. In the meantime, Carleton went swimming further out from shore. Their other son, Neill, a junior at Penn State at State College, Pa., went for a walk to the other side of the island, and the rest of the family was unaware of his location.

The first indication of the nightmare to come was when Carleton noticed a change in the ocean's current. "I could see a rip tide five yards in front of me," he said.

Before he could yell out to others,

though, a boat came by with people frantically yelling out something in Thai, Carleton said. "I didn't know what they were saying," he said, "but on shore, they were giving a warning to get out of the water. I couldn't understand the language, but they made it (very) clear."

As Carleton began to make his way back to shore, Cathy and Andrew saw the wave from the beach. "I looked up and could see the wave coming from the side," Cathy said.

Then, Carleton looked behind him and saw what he estimated to be a 15-18 foot wave coming at him. "This doesn't look normal," he said to himself, as the wave picked up the large longboats and literally stood them straight up in the air.

As Cathy screamed at him to come back in, Carleton tried to make it back to shore, he said, but he didn't make it.

"The wave somersaulted me," he said. "Knowing I couldn't do anything about the wave, I went with it until I could catch some air."

When he finally surfaced, Carleton

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Individual Ready Reserve training continues, improves

By Carmen Slaybaugh

Army News Service

WASHINGTON – More than 1,100 Reserv eSoldiers have transitioned back to active duty as a part of an Individual Ready Reserve callup that started in August 2004.

"At the start of this mission, I was told that we would receive about 4,440 IRR Soldiers at Fort Jackson alone," said Task Force Marshall commander Lt. Col. Douglas Snyder.

The total number of IRR Soldiers recalled was more than 5,600.

The initial projections were for Reserve Soldiers to complete the first phase of retraining at the South Carolina National Guard's McCrady Training Center by December.

Snyder said the delay has resulted from a combination of reasons.

"HRC (Human Resource Command)-St. Louis has been very good – some say sympathetic – about listening to Soldiers' family, job and personal issues," Snyder said.

This resulted in amending orders and pushing back report dates.

Many other orders were revoked because of the lack of a family care plan or because the Soldier was found to be

non-deployable because of health issues.

Snyder said HRC-St. Louis directed IRR Soldiers to not report between Nov. 14 and Jan. 1 to prevent them from reporting for training over Thanksgiving, Christmas or New Year holidays.

Snyder said he was not sure what impact the delays and exemptions will have on their final numbers.

Another vital factor of the training, Snyder said, is the constant improvement and refinement of the overall program.

"We constantly turn to the Center for Army Lessons Learned at Fort Leavenworth [Kan.] and obtain the latest updates from them on tactics being used by the [Iraqi and Afghani] insurgents; and countermeasures and tactics being used by coalition forces against the insurgents," Snyder said. "As insurgents become more clever, we have had to become more sophisticated in the way we combat them."

The convoy operations training, how to react in an ambush and recognizing an improvised explosive device are three of the warrior tasks constantly being reviewed, ensuring they reflect the realities of the current combat environment.

The callup is the first large-scale use of the IRR since 20,277 Soldiers were mobilized during the 1991 Gulf War. Prior to this, the only sizable callup was in 1968 during the Vietnam War.

Tsunami

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found himself “body surfing” the wave, which was rushing toward the shoreline. “I could see Cathy being pushed out in front of me,” he said.

“Everyone was shoved back toward the tree line,” Andrew said.

Luckily, the giant wave that swept Carleton, Cathy and Andrew into the tree line left them only with minor cuts, bruises and scrapes.

But, as the wave receded, panic set in as they realized that Neill was missing, Carleton said. “It was about 20 minutes later before we found Neill,” he said.

“That was the first time of real thanks, when we found out everyone was OK,” he added.

Neill had been looking out over the ocean from the other side of the island, Cathy said, and had moved up to higher ground when he saw the waves coming.

As everyone reunited, the local guides told the tourists that they had never seen anything like this, Carleton said. “For some reason, we all guessed it was an earthquake, but we had no idea of the scale of devastation,” he said.

Three tourists on the island suffered major injuries during the first wave, including what appeared to be a broken neck and leg, Carleton said. Everyone else was cut up and bruised, he said.

Then, as everyone tried to calm down, people started screaming that another wave was coming, Carleton said.

The guides quickly moved everyone to higher ground. When the second wave hit, Cathy said she saw boats on shore lifted up and slammed against the tree line.

“Longboats are pretty big boats, and two of them that I saw were smashed against the trees,” she said.

After that, the Thai tour guides insisted that they move even higher up against the mountain,” Cathy said.

From their location against the mountain, the group couldn’t see any waves after the second one, but Carleton estimated another four or five waves hit the island.

“Of course all the boats that took us to the island were smashed, and no one’s

cell phones worked,” she said. The Smiths said they are still amazed at how quickly they were rescued from the island.

The three severely injured tourists were taken off the island first, and then a government-owned boat came back for the rest of them at around 4:30 p.m.

Two hours later, the boat dropped them off at the Port of Krabi, which is located up a river from the coast. “We didn’t know where we were,” Cathy said.

“Everything was shut down. We finally found a shopkeeper who helped us find transportation back to our hotel,” Carleton said.

As the family traveled back to their hotel in Krabi, they didn’t see the devastation left by the tsunami. But, as they passed a local hospital, they saw it was overflowing with people getting care and looking for those who were missing, Cathy said.

“It gave us a sense of how big an effect the wave had,” she said.

When they family arrived at their hotel, they were relieved to find it intact. “We were fortunate that the hotel was in one piece,” Cathy said.

The hotel’s large convention center was quickly turned into a refugee center. “A lot of people came to the hotel and only had the swimsuits they were wearing,” Andrew said.

The convention center was soon overflowing with tsunami survivors, many with injuries, Cathy said. “It was like you were at a hospital,” she said.

It wasn’t until the next day that the family was able to see any news reports and truly understand the large-scale devastation of the tsunami.

As the Smiths recovered from the shock of the tsunami, they realized how lucky they were.

“We were really lucky and blessed,” said Cathy. “It certainly changes your priorities. It was a good reminder about what’s important rather than urgent in your life.”

Carleton agreed. “It has made me more focused on carrying out my purpose in life,” he said.

Indonesia

from Page 1

in the sand.

Members of both militaries pitched in to get the truck back on the road. Once the truck was “unstuck,” the two groups gave themselves a round of applause followed by a group picture.

Unfortunately, getting supplies from the beach to the truck was almost as difficult as getting the truck out of the sand. The distance between the two was sizeable. So, instead of risking getting stuck again, a relay line was formed ... until someone complained about being hot and tired.

Then, to the amusement of everyone on the beach, Bullock and Indonesian Capt. Benny Fauzi decided to make a point.

“Hot doesn’t bother me,” Fauzi yelled and headed for the supplies. Between the two of them, they double-timed three boxes of bottled water to the truck. The awe, mixed with laughter, created a bond

as both sides pitched in and finished loading the truck.

The day ended with Bullock and Fauzi in an arm-wrestling match. The winner wasn’t really clear and a rematch is imminent.

“What do I get if I win?” Fauzi asked.

To which Bullock replied, “My friendship.”

Fauzi accepted with mock disappointment and began negotiating for a uniform. Ultimately, he settled for a T-shirt with Bullock’s unit printed on it, but offered one of his uniforms in exchange.

A high-five and a handshake later, Bullock and Fauzi headed their separate ways, vowing to meet at the arm-wrestling chair the next day.

“He’s a good guy,” Bullock said as he headed for the helicopter that would take him back to the ship so he could rest up for the rematch.

AD
GOES
HERE



PHOTOS BY DAVID McNALLY

Battery A, 6th Battalion, 37th Field Artillery Soldiers gather in their newly renovated barracks.

Soldiers give new meaning to self-help

By David McNally

Area I Public Affairs

CAMP STANLEY — The barracks was a decrepit building. Though home to mold and mildew, it was vacant of Soldiers and ready to be condemned. That was last summer.

When the Soldiers of Battery A, 6th Battalion, 37th Field Artillery Regiment, got word the barracks was theirs for the taking, they partnered with the garrison to undertake a massive renovation.

"We were doing 12 hours on, 12 hours off for a while there," said Spc. Eric Flavin, project foreman.

Flavin and Pfc. Do Son-hoang coordinated extensive repairs with the U.S. Army Garrison, Camp Red Cloud Directorate of Public Works and the Korean Service Corps.

"The whole battery, at one point, was working on this," Flavin said. "It was a

different number of Soldiers at different times because of training missions."

Flavin said it took two weeks to scrub mold

and mildew from the second and third floors.

"This place was ready to be condemned," Flavin said. "We patched hundreds of holes."

Division officials hailed the transformation of the building with a Camp Stanley ribbon-cutting ceremony Jan. 6.

"I hope I am not the only one to have daydreamed about a perfect house or apartment," said 6th Battalion, 37th Field Artillery

Regiment Commander, Lt. Col. Matthew Dawson. "Well, the battery command and first sergeant of Alpha Battery were able to take a living space and make it into a Soldier's dream home."

Dawson said although there are no hot tubs or monster garages it is a Soldier's home.

"As you look around today," Dawson said, "remember these men now own this space ... it is their building ... and that pride of ownership will be passed along."

Barracks renovations usually cost much more. A recent, similar project using a contractor cost more than \$374,000. The cost of material and manpower for this self-help project was about \$180,000.

"We saved over half the 'bones' for other projects," Dawson said.

These Soldiers, or "Demons" as they are known, repaired walls in all the corridors and rooms. They painted the inside of the building. The Soldiers also picked up and installed all of the new furniture in the rooms.

The project began in August 2004.

Dawson highlighted the Soldiers' accomplishments during the renovation.

- maintaining qualified crews
- conducting live fires
- unit certifications and competitions
- a command inspection

"You also won the 8th (U.S.) Army's award for maintenance excellence," Dawson told the Soldiers. "You also had the distinguished platoon and reenlistment streamer for the quarter."

Dawson said DPW and KSC workers did all the plumbing, electrical work, exterior painting and ventilation system renovation.

"I am so very proud to be a member of this team," Dawson said.

E-mail david.mcnelly@us.army.mil



Camp Stanley Artillerymen stand in formation Jan. 6 before an official ribbon-cutting ceremony to dedicate their renovated living quarters.

Second Infantry Division Commanding General George A. Higgins speaks to Soldiers before the ribbon-cutting ceremony.



The commanding general tours a room in the renovated barracks Jan. 6. The facility received new furniture, microwave ovens and big-screen televisions.

Korean workers from the U.S. Army Garrison, Camp Red Cloud Directorate of Public Works and the Korean Service Corps look on at the 2nd Infantry Division ceremony to honor their work on the six-month Camp Stanley barracks renovation project.



The 108 men of Battery A, 6th Battalion, 37th Field Artillery Regiment, live in a renovated Camp Stanley barracks thanks to a joint self-help project with U.S. Army Garrison, Camp Red Cloud.

NEWS & NOTES

AAFES Facility Closures

The post exchanges on the following installations will close this week to conduct inventories:

Sat. – Camps Mobile and Sears shoppettes

Tues. – Camp Castle Shopette, camps Red Cloud and Casey filling stations

Wed. – Camp Page Main Exchange

Thurs. – Camps LaGuardia and Nimble exchanges

Fri. – Camps Bonifas and Falling Water shoppettes

Leadership Development Course

The Civilian Personnel Advisory Center will hold the Leadership Education and Development course Monday - Friday at the Camp Casey Education Center.

Newcomers Orientation

The Camp Red Cloud Army Community Service will hold its Korea Newcomers Orientation and Welcome 8:15 a.m.–3 p.m. Wednesday in the ACS classroom. For information, or to reserve a seat, call 732-7326.

Academic Advisors Visit

Academic advisors from Central Texas College and University of Maryland University College will visit the Camp Stanley Education Center from noon to 3 p.m. Wednesday to advise Soldiers on obtaining college credit for military and MOS training, develop college degree plans and answer any questions Soldiers may have. To make an appointment, call 732-5354 for CTC and 732-5915 for UMUC. Walk-ins will be accepted if time allows.

Papa Roach Concert

Rock star Papa Roach will perform at 9 p.m. at Camp Casey's Carey Fitness Center Jan. 29.

Superbowl Fryer

Camp Casey's Primo's Club is hosting a Superbowl party at 7 a.m. Feb. 7. There will be free coffee and hot chocolate, breakfast pizza at \$.50 per slice, and prizes.

Korea Reunion Tours

The USO in Korea is offering family tour packages to enable U.S. Forces Korea members to bring their family members to Korea for a visit. Application forms for family members and sponsors will be accepted on a first-received, first-reserved basis until all available spaces are filled. For applications, fees and other information, visit the USO's Web site at www.uso.org/korea.

Sexual Assault Web Site

The Army launched a Web site at www.sexualassault.army.mil, to promote steps leaders and Soldiers at all levels can take to prevent and respond to instances of potential sexual assault. The site includes links to Training and Doctrine Command training materials.

Upcoming Concerts

Music star Sting will perform at Seoul's Olympic Park Stadium Jan. 28. Norah Jones will perform at the Conference and Exhibition Center in Seoul March 5. The community activities centers on camps Red Cloud and Stanley have tickets for sale for both events; ticket price includes round-trip transportation provided by the CAC. Tickets are limited; contact the CAC for prices and availability.

Troops stand down for safety day

Area I Public Affairs

CAMP RED CLOUD — Across the Republic of Korea 8th U.S. Army Soldiers and civilians observed a safety day Jan. 11. About 150 members of the Area I team met in the Camp Red Cloud Theater.

Eighth U.S. Army Commanding General Lt. Gen. Charles C. Campbell spoke through a prerecorded message to similar gatherings in the command.

"This is our sixth New Horizons Safety Day," Campbell said. "Last year was the safest year in recent memory for 8th Army because Soldiers at all levels were involved in ongoing risk assessments."

Campbell said safety is a command priority and everyone's responsibility.

"We must create a culture of safety throughout all of our formations," he said.

Later in the morning, the Soldiers and civilians viewed a video presentation of discrimination in the workplace scenarios. Actors portrayed potentially offensive behavior and stereotypes, and discussed ways to avoid such situations.

"That video hits on a lot of important issues," said Staff Sgt. John Higgins, Headquarters and Headquarters Company, Area I equal opportunity representative. "Throughout life, people see behavior like this."

Higgins said the video was worthwhile for both Soldiers and civilians.

"We're a melting pot and we have to work together," Higgins said.

Camp Red Cloud garrison officials told the gathering about the unit's community outreach programs.

"We have to remember that as ambassadors of the United States, we have to make sure to leave a good impression," said Spc. Mariana Ramos, HHC, Area I. "That really stuck with me from today's training." Briefings followed about the importance of operational security.

"I want to remind you of September 11," said Spc. Paul Garcia, Area I Directorate of Plans, Training, Maneuver and Security. "Some people think it was a lightning bolt ... that they got lucky."

Garcia told the audience how well prepared the terrorists were.

"It was planned, it was precise and it was committed by some individuals with a lot of dedication," Garcia said. "They did a lot more planning with a lot more resources than you think."

Garcia said information security is everybody's responsibility. He also conducted a follow-on briefing about espionage.

New Horizons safety days are an opportunity for unit commanders to discuss important command information with Soldiers and civilians.

Officials discussed alcohol abuse prevention and the negative affects of drinking.

There was also a video presentation by former Notre Dame Football Coach Lou Holtz. He discussed teamwork and its importance to winning.

"The video I'll remember most was on how Koreans view Americans," said Sgt. Shawn Fripp, HHC, Area I. "They judge what some Americans do, and stereotype us. Many Koreans think all Americans are like that."

Fripp recalled featured interviews with young Koreans on their first impressions of American Soldiers.

"It's just not that way," he said.

Camp Page Dental clinic staff visits orphanage



COURTESY PHOTO

Capt. William Carter, 618th Dental Company dentist, examines a young Korean orphan's teeth during a Dec. 9 visit.

Area I Public Affairs

CHUNCHEON — Army dentists and technicians volunteered their services Dec. 9 to the Aemin Children's Orphanage near Camp Page.

"Our clinic decided to attend with a recommendation from our hygienist," said Staff Sgt. Christine Eberle. "He had done a hygiene presentation for a local orphanage in the Wonju area and suggested we do the same."

The Camp Page chaplain's office sponsors a biweekly trip to take volunteers to the orphanage.

"Our dentist, Capt. William Carter,

gave the children exams," Eberle said.

A Korean Augmentation to the U.S. Army Soldier gave a presentation on dental hygiene for the children.

Other dental technicians put together hygiene kits, which included toothbrushes, toothpaste, dental floss, stickers, candy and small toys.

Carter's wife made cookies for the children.

"One of the children commented they thought it was funny we gave them candy and toothbrushes in the same kit," Pfc. Kim Ji-won, a dental technician said.

Harassment affects unit morale

2nd Infantry Division Public Affairs

CAMP RED CLOUD — The 2nd Infantry Division command team is taking a stand against sexual harassment and encouraging Soldiers to report and confront the harasser should they feel they are exposed to this behavior.

However, some Soldiers may be afraid to report harassment, fearing they will suffer repercussions.

"Many victims of harassment believe that reporting incidents of harassment would result in problems for them," said Sgt. 1st Class Sherinette Haynes, division equal opportunity advisor. "Many are afraid of the increased tension in the work setting – work would be unpleasant, while some think they would be labeled as a troublemaker."

Haynes said males are the most likely to not report sexual harassment. "Males fail to report it because of the stigma of being 'manly' by other males," she said.

Prior to reporting sexual harassment to their chain of command, Soldiers are encouraged to confront their harasser about the problem.

"It's good to confront them, either on your own or with someone else you feel will represent you firmly," Haynes said.

"Sometimes the behavior or problem is a result of a misunderstanding or a perception problem."

Haynes used the example that what one person thinks is an innocent shoulder massage, another may interpret as sexual harassment.

"After the problem has been identified and the behavior persists, report it through the chain of command," she said. "If your chain of command fails to address the issue, report it to your unit EO representative, who will assist you in reporting procedures to an EO advisor."

Capt. Janet Herrick, Company A, 702nd Main Support Battalion, commander, said she won't allow a harassment complaint to pass over her desk without taking a good look at it. "Once it's reported to me, I go ahead and get EO and the first sergeant involved in it," she said. "I then investigate it, and see what the problem is."

"I also hope that if the person being harassed doesn't feel comfortable coming forward to the chain of command about it, that they have someone they feel comfortable they can talk to about it," she said.

Koreans, Americans face off in soccer match

By Pfc. Stephanie Pearson

Area I Public Affairs

CAMP CASEY — Army officials invited local Korean teams to face off Jan. 14 against U.S. Soldiers in a friendship soccer tournament.

Teams from Dongducheon City Hall, the Korean Service Corps and one U.S. Army team of Camp Casey Soldiers battled it out in an indoor tournament at the Carey Fitness Center.

In the first match, the Camp Casey team took on the KSC players. The Koreans scored the first goal of the game, but the Soldiers came back after halftime to score three goals and win the match 3-1.

The Soldiers had no time to celebrate their first victory. After a brief break, they took to the floor again to face the Dongducheon City Hall team. Tired from the first match, the U.S. team lagged again in the first half, allowing the Koreans to score two goals against them. After a halftime pep talk from their Coach, Michael Foster, Headquarters and Headquarters Company, 1st Battalion, 72nd Armor Regiment, the team was able to rally and bounce back again, scoring three goals in the second half to win the game 3-2.

The final match pitted the two Korean teams against each other. The match was close, but Dongducheon City Hall came out on top of the KSC team, winning the match 5-4.

The American team was pleased with the competition.

"The competition on Casey is limited," Foster said. "Only three or four teams show up to play in the unit leagues, because the units are out in the field a lot. But the Korean team

players have a lot of talent."

"The Korean teams are very tough competition," agreed Leroy Williams, Headquarters and Headquarters Battalion, Division Artillery. "They're aggressive and have many skills. You can tell they've been playing together for a while."

Everyone said they looked forward to the next event.

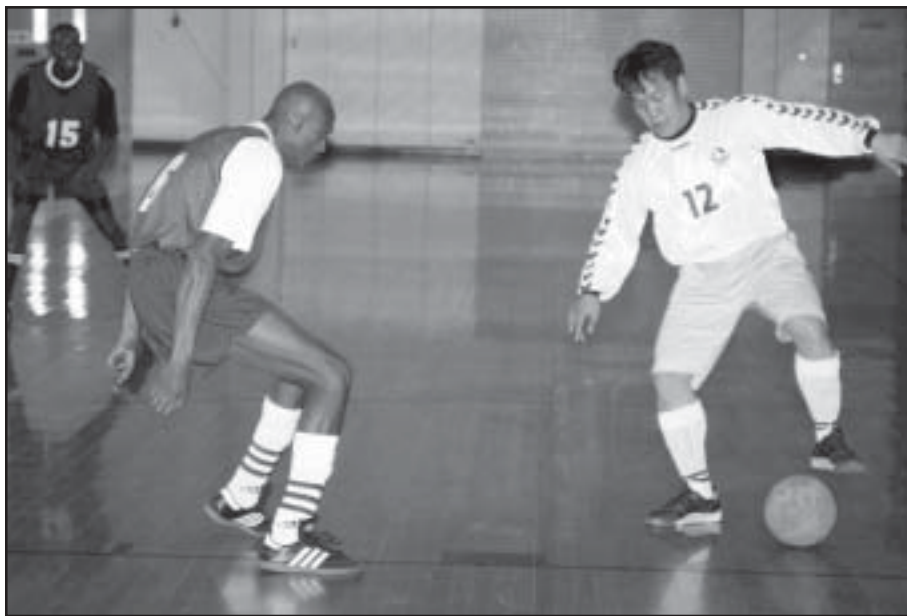
"They need to have more

tournaments like this," Williams said.

"They should invite more teams from other companies, and more Koreans because they seem to enjoy it. It would be fun to play in one of their tournaments off post, as well."

"We should invite them all the time," Foster said, "so we can have soccer all-year round."

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PHOTOS BY PFC. STEPHANIE PEARSON

Francisco Gonzalez, Camp Casey team, (left) tries to block a pass by Dongducheon City Hall's Lee Jong-sun in the second match of the indoor soccer tournament Jan. 14.



Above: Camp Casey's Leroy Williams (right) tries to get the ball from Dongducheon City Hall's Yoo Yeong-kwon.

Right: Camp Casey players get a halftime pep talk from their Coach, Michael Foster.



Employees study equality, diversity

Area I Public Affairs

CAMP RED CLOUD — Fifty-seven Area I federal employees attended annual Equal Employment Opportunity training Jan. 13 at the education center here.

Officials said the training is to make sure the workforce is aware of the law.

United States Title VII of the 1964 Civil Rights Act, as amended, protects employees from discrimination based on race, color, religion, sex, national origin, age, mental and physical disabilities, and reprisal.

"It's very important that you are aware of the complaint procedures," said Vivian George, Installation Management Agency EEO counselor.

George said when a formal complaint is made, the process is lengthy and expensive.

"The average cost is between \$50,000 to \$77,000 per complaint," she said. "The purpose of counseling is to resolve issues at the lowest level."

A class member asked if management could use an employee's health issues to prevent career-advancing assignments.

"Remember, you have to prove discrimination occurred," George said. "It is not management's responsibility."

George explained the roles of the commander, managers and counselors in the EEO process.

"We're neutral as counselors," she said. "We advise both management and employees."

The two 2-hour sessions, one for non-supervisors and one for supervisors covered the same topics; however the management taught supervisors the need to accommodate and react to EEO issues.

The classes also covered sexual harassment prevention.

"The sexual advances must be unwelcome to be considered harassment," George said.

There are two types of sexual harassment, "quid pro quo," or "this-for-that," and a hostile work environment.

George said there are different kinds of sexual harassment.

- verbal
- nonverbal
- physical

"Management is ultimately responsible and must take immediate action," she said. "The Army's policy is zero tolerance."

The sessions included a discussion about defining diversity.

"We incorporate diversity training into our classes," George said. "We have to be sensitive to other people's cultures."

George said the federal government is legally committed to a diverse workforce.

"We should always treat each other with dignity and respect," George said.

Garrison officials visit local factories

Area I Public Affairs

INCHEON — Camp Red Cloud garrison officials made a visit Dec. 14 to two Korean factories.

"The purpose of benchmarking is to look at organizations or industries that have a high standard of performance excellence," explained William Kapaku, U.S. Army Garrison, Camp Red Cloud deputy to the garrison commander. "Then we can try to emulate their process. It's a way to reduce the costs of learning how to achieve higher performance standards."

A Korean business consultation firm recommended the garrison visit the factories of Morning Well, a leading Korean frozen-food manufacturer, and Enprani, a prominent cosmetics corporation, because they have successfully integrated Six Sigma business philosophies in similar-sized organizations.

Six Sigma is a corporate management philosophy embraced by U.S. Army Garrison, Camp Red Cloud that encourages focus on customer requirements.

"If we can attune to our customers — primarily Soldiers — specific requirements, it helps us design and manage our work processes more efficiently," said Kapaku. "This way, we focus on what they need, not what we think they want."

Kapaku said they wanted to visit the two businesses to see how their application of Six Sigma made them successful.

"We wanted to see how they became world-class organizations, and what we could learn from them to improve our own organization," Kapaku said. "Our intent was to expand our knowledge of Six Sigma, and to see how it was used in the civilian world to improve the workplace for employees."

Kapaku said the trip was a success. "The man they met at Morning Well was non-college educated and self-taught in Six Sigma. But he was able to implement Six Sigma into the company and make a major difference in the bottom line," he said. "It just shows that these principles do not require a degree in rocket science."

Kapaku explained how implementing Six Sigma philosophies benefits Soldiers. Reducing the cost of base-operations services, he said, allows them to take the savings and apply it to improving quality of life on base, either by expanding current services or investing in future endeavors. Recent examples include the CRC multipurpose pavilion and the garrison self-help store renovations.

The garrison plans to make more benchmarking trips in 2005.

"It's not just all classroom learning," Kapaku said. "This is the practical side to the application of Six Sigma."

Division stresses bicycle safety

By Spc. Chris Stephens

2nd Infantry Division Public Affairs

CAMPRED CLOUD— With almost every Second Infantry Division Soldier unable to have an automobile in Warrior Country, many of them turn to bicycles as their mode of transportation.

But, with a bicycle still come a lot of hazards.

“Traffic density in Korea is quite high,” said Alfredo Nogueras, division safety director. “Hazards are expected to be present at every corner.”

Although the hazards will always be there, Soldiers can take a few steps to help ensure their safety.

“The main thing is to wear a helmet and a reflective vest,” Nogueras said. “If you’re wearing a backpack, put the reflective vest over it as well.”

The division has had a long history of being very safe when it comes to Soldiers riding bicycles.

“There have been very few bicycle-related accidents reported in the division,” Nogueras said. “Since 2002, there have only been two Soldiers who suffered serious injuries while on a bicycle.”

But, Nogueras also said that many accidents or near misses go unreported.

“Because of that, it is important for all Soldiers to keep their guard up when it comes to riding on the roads.”

Many units are also taking an active role in ensuring the safety of those riding bicycles.

“We always stress bicycle safety in our weekly safety brief,” said Sgt. 1st

Class Kenya Berry, Company B, 602nd Aviation Support Battalion. “We warn our Soldiers about speeding on their bicycles.

“Something else we require of our Soldiers is that they are required to have one or more buddies with them when riding their bicycles – whether it is on or off post. We tell them they have no excuses to not have at least one buddy ride with them.”

Division officials also stress that Soldiers should perform a bicycle check before riding.

“Soldiers need to make sure the brakes are working properly by ensuring they are capable of making the wheels skid on dry, level and clean pavement,” Nogueras said. “Also, Soldiers need to check headlamps and taillights, as well as the tire condition and inflation, handle bars and foot pedals.”

Other safety measures Soldiers should take include riding as near to the right side of the road as practical, Nogueras said. Be alert for road hazards that may cause you to lose control.

“Soldiers should also ride single file and not two abreast,” he said. “Watch out for sudden opening of car doors, cars pulling out of driveways, gravel on roads and uneven or slippery surfaces.

“For many of us, bicycle riding is a fun recreational activity,” Nogueras said. “For others, a bicycle is an important mode of transportation. Whatever case is applicable to you – ride safely.”

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Do's and Don'ts of riding

- DO obey established traffic laws and signs whether on or off post
- DO wear appropriate clothing depending on climate conditions
- DO ride with traffic, not against it
- DO have situational awareness
- DON'T cling or otherwise be towed by another vehicle
- DON'T carry items that will not allow both hands to be free for control and signaling
- DON'T carry open beverage containers
- DON'T use sandals or shower shoes when riding
- DON'T use headphones, earphones, or cell phones while operating a bicycle



CPL. KM JIN-SUK

Spc. Andrew Hoffert, 718th Explosive Ordnance Disposal Company, rides his bike.

Harassment

from Page 6

The main thing though is not making any conclusions without all of the evidence and statements being presented to her, she said.

There are many ways to deal with sexual harassment. Ignoring it doesn't stop it.

■ Don't just hope it will stop. By taking action and seeking advice and support to resolve the issue, formal proceedings can often be avoided.

■ Allow yourself to get angry. Use the energy of your anger to help you focus and take action.

■ Tell someone. Discuss the behavior with a friend, supervisor, commander or another appropriate individual. You may find that you are not alone in your

experience, and you can get help in planning a way to deal with it.

■ Let the harasser know. Be clear and direct in addressing unwanted or offensive behavior. Sometimes the harasser does not know the effects of their behavior on others. It often helps to write a letter to do this. Be clear that you want the behavior to stop.

■ Keep a record. Makes notes of specific behaviors and comments, times and dates, your responses, and any witnesses.

“Bottom line, my philosophy is to stop it before it starts to grow,” Haynes said.

(This is the second story in a two-part series on sexual harassment.)

AD
GOES
HERE



Sgt. Steve Louria, 41st Signal Battalion, is one of the few responsible for making sure AFN stays on the air. Louria also helps to maintain other military communications around Korea.

Keeping the commo lines up, running

By Sgt. Andrew Kosterman

Area II Public Affairs

YONGSAN — As people around Korea are sleeping, there is a squad from the 41st Signal Battalion on a vital mission that will affect the morale of Soldiers stationed across the peninsula.

Sgt. Steve Louria, a member of the team, wipes crud and tears caused by tiredness from his eyes. It's 2 a.m. and, after realizing he really is awake, he pulls the plug on AFN programming for all of Korea.

"It's just part of my job" says the Michigan native. "We have to check the signal monthly."

It's part of the many missions that he does to keep servicemembers and civilians communicating. But the job, a microwave systems maintainer, many might consider mundane in everyday duties or even too difficult to learn has proven to be a gift.

"This is a difficult (job) for most to learn," Louria said. "There are only about 1,300 of us in the Army."

Because there are so few systems maintainers, Louria spends a lot of time doing the job he trained for, moving from remote signal-relay sites around the peninsula to other locations on bigger military installations.

"I spend a lot of time on the roads," Louria said. "I've seen most of Korea for free because of this (job)."

Because Louria and his squad are always moving around, his schedule stays very full.

"Korea is a unique place. Here, along with what I'm trained for, we also maintain television and radio waves," explained Louria. "That's not something that is taught in (Advanced Individual Training)."

This is what the sergeant who has been in Korea for nearly three years said he likes best about his current duty station.

"I like a challenge, especially like the ones here," said Louria.

"You can't get this stuff anywhere else in the Army."

But everything Louria learns about his job, he must pass on to the members of his team. And Sgt. Ray Chavis, a co-worker, said Louria passes information on well.

"I like working with his (Louria's) Soldiers," Chavis said. "He knows his job, and he trains his Soldiers up on anything he knows well."

Chavis added that Louria's ability to work with Koreans has helped to build a better working relationship in the workplace.

"He's a native," said Chavis jokingly. "He and the Koreans (nationals) get along very well."



Sgt. Steve Louria, 41st Signal Battalion, checks the transmitters at Camp Morse.

Area II intern program continues to grow

By Alex Harrington

Area II Public Affairs

YONGSAN — "This is a great opportunity for me to gain practical work experience in an American environment," said Son Young-mi, a senior at Sookmyung Women's University, who is participating in the Area II commander's internship that was established in July 2004.

Entering its second year, the Area II Commander's Intern Program offers invaluable work experience to undergraduate and graduate students each semester, and helps build cooperative relations between the university and U.S. military.

Last year during the signing of a general agreement of cooperation, the Area II Commander, Col. Timothy McNulty and Kim Hyung-kook, Dean, Office of External Affairs, SWU, expressed how they looked forward to a mutual benefit for



Son Young-mi is the latest intern to be accepted by the Area II Support Activity Commander's Internship Program.

both institutions.

"I am very excited about this opportunity," said McNulty. "This program will not only benefit Korean students, but also enhance our relationship

with a Korean university and possibly serve as an example to similar programs with other universities in the Seoul area."

The unique relationship between Yongsan and Sookmyung Women's University affords both the U.S. Army and Korean students a suitable arrangement for educational cooperation.

"We are committed and dedicated to undergraduate growth and advancement," said Kim, adding, "this internship program with the U.S. Army will give our students an opportunity to learn solid practical skills to enable them to be competitive in the workforce."

With recent studies showing that anti-American sentiments are growing among the younger generation of Koreans, especially with college students, the Area II commander's internship

NEWS & NOTES

Commander's Hotline

Area II residents who have questions or comments for the Area II commander, can voice them by emailing areaitownhall@korea.army.mil or calling 738-5017.

Yongsan Library Online

The Yongsan Library has a new Web address. It is <http://yongsanlibrary.net>. The library also has added one more "Storyhour" session on Tuesdays for children 2 years old and younger. From 10 - 11 a.m. is story hour for preschoolers, ages three to five. Story hour for children 2 and younger is 11 a.m. to noon.

Security Manager's Course

Primary and alternate security manager's courses will be 8:30 a.m. - noon Friday in Building 2462. For information, call 723-4007 or e-mail bryants@korea.army.mil.

No-Host Benny Havens Social

All West Point graduates are invited to a no-host Benny Havens Social March 5 at the Dragon Hill Lodge. For information, e-mail RoundsM@korea.army.mil or Curriera@korea.army.mil.

USO Tours

The USO hosts a variety of tours around the Republic of Korea. Visit www.uso.org/Korea or call 723-7003, the Camp Kim office in Seoul, for information. Use the prefix 0505 when dialing from off post.

Tours include Panmunjeom and the 3rd Infiltration Tunnel, Insadong Night Tour and Incheon tours.

Job Vacancy For Inspector General

The Inspector General's office for the 8th U.S. Army and U.S. Forces Korea are looking for qualified Soldiers, sergeant first class or promotable in the following specialties: 42L, 42A, 11B, 31B and 31K. Also, officers in the rank of captain to lieutenant colonel are encouraged to apply. For information, call 723-4007 or e-mail bryants@korea.army.mil

New Off-Post Garbage Disposal

A new food waste law has been created by the Korean government which went into effect Jan. 1. This law affects all areas. Garbage and food waste must be separated. Garbage mixed with food waste will not be taken to the landfill. Residents are recommended to use special food waste containers, which are placed in each apartment, when they throw away food waste and to remove moisture in food. Those who don't follow the law can be fined up to 200,000 won.

Papa Roach coming to Yongsan

Triple platinum recording artist, Papa Roach, will visit Collier Field House 7 p.m., Thursday. The concert is free.

Human Resources Command OPMD Korea Team Trip 2005

The branch managers in selected officer career fields will be in Korea Monday through Jan. 28 to discuss issues affecting officers here. Branch managers will also discuss assignments. For information, call 8th Personnel Services Command or Maj. Larry Downer at 724-3431.

Soldiers, civilians, students train to mediate

By Sgt. Andrew Kosterman

Area II Public Affairs

YONGSAN — A little under a year ago, Seoul American Middle School began a Caring Community initiative. As part of the caring community a peer mediation program was developed. The program, Students Advocating Mediated Solutions, provides conflict resolutions, leadership and problem-solving skills to SAMS students.

Vonne McIntyre, SAMS' counselor and Jackie Ned, ASACS counselor, are the facilitators of the program.

"We had a lot of support," Ned said. "Teachers, parents and administration all supported the development of the peer mediation program."

Since the type of training they were pursuing fits into the Army's Equal Employment Opportunity program, they contacted the 8th U.S. Army's EEO office.

According to McIntyre, a partnership was formed with EUSA's EEO "in an effort to continue SAMS, home, community partnerships, as well as meet the training needs of the 28 mediators.

"We had a need, and after talking with (EUSA EEO Director, Linda Galimore) we discovered that EUSA EEO was planning to bring Atlanta Justice Center facilitators to Korea to conduct mediation training for civilians and Soldiers," McIntyre said. "They knew all the people we were trying to get in contact with."

With the help of EEO, the Atlanta Justice



PRC. SEO KI-CHUL

Seoul American Middle School students practice their peer mediation skills during a role-playing exercise. The training was held at the Dragon Hill Lodge Jan. 10-14.

Center was recruited and on its way to Korea to provide training. Classes were originally arranged only for Soldiers and civilians in the 8th U.S. Army and Installation Management Agency. The EEO office, recognizing the importance of the training the students were seeking, added two days to the schedule to include training for the SAMS students.

"Along with Seoul American Middle School's efforts to build a caring community, we (the EEO office) saw this as an opportunity to enter into a partnership with SAMS," said Galimore.

She added this training will help the Army put certified mediators in its ranks;

providing opportunities to settle work place disputes at the lowest possible level.

Galimore added the more people who participate in mediation training, the better. She said this is probably one of the first mediation partnerships in the Army where middle school students and Soldiers received this type of training.

"This is definitely a great partnership and I think others should follow the example that we have set here," Galimore said. "This is one of the ways to set kids, civilians and Soldiers up for success in life."

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Obesity: A problem of big proportions

By Ok Hee-suh

Health Promotion, 18th Medical Command

YONGSAN — By now many people have undoubtedly heard that obesity has reached epidemic proportions in the United States. According to the Centers for Disease Control and Prevention, about two out of three adults are obese, and of children and adolescents aged 6-19 years, 15 percent are considered overweight.

In Korea, close to 100 U.S. servicemembers seek nutrition counseling every month at the 121st General Hospital because they exceeded their weight for height limit or body fat percentage. Compared to other large U.S. Army installations, Korea has a high number of servicemembers attending the mandatory training. Among the children and adolescents seen at the Pediatrics clinic in the 121st GH during the last year, 16 percent were overweight, and an additional 18 percent were at risk for becoming overweight.

This does not sound right, does it? We hear Korean food is healthier than American food, and if we eat more Korean food, we should have less overweight problems.

Why are we not?

Through talking to people in weight management support groups and the overweight Soldiers' education classes, I have noticed that when Americans eat Korean dishes, most of them usually eat fried foods. Ramen noodles and sweet-and-sour pork are good examples of common foods that are high in fat and calories.

When Is Someone Overweight or Obese?

How much should I weigh? People talk about weight for height, body fat percentage, and Body Mass Index. And then there are all those different tests - pinch test, tape test, immersion test, and the machines that use electrical sensors. How accurate are they?

Most of these tests require a trained professional to conduct them correctly. The most accurate measure is a cadaver test, but, by then, it is too late. One simple guideline that can be used is the BMI.

BMI is a reliable indicator of total body fat, which is related to the risk of disease and death. The score is valid for both adult men and women but it does have some limits. The limits are:

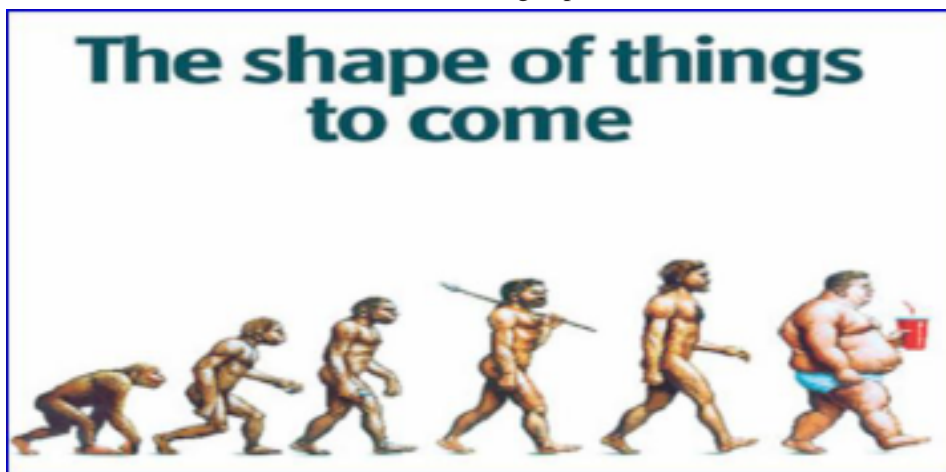
■ It may overestimate body fat in athletes and others who have a muscular build.

■ It may underestimate body fat in older persons and others who have lost muscle mass.

To estimate BMI, use either one of the two methods as follows:

■ BMI = weight in pounds x 704.5 / (height in inches)².

For example, if someone is 150 pounds and 5 feet 6 inches, you



See **Obesity**, Page 12

Winterizing homes can save money, headaches

Area II Public Affairs

YONGSAN — With the approaching winter and cold temperatures, there are proactive measures that personnel can perform to prevent property damage because of freezing pipes in homes and offices.

To help prevent pipes from freezing, the Yongsan Department of Public Works has recently completed steps to “winterize” pipes that are exposed to the elements; however here are some quick checks one can perform to help prevent water pipes from freezing.

In offices, ensure the building mechanical room is secure and no one has unauthorized access. Check out “broom closets” and other small areas that typically do not have heat.

“During the night and on weekends, keep doors to these areas open to ensure heat gets into these rooms,” said Lt. Col. Steve Roemhildt, Area II DPW director. “Additionally, ensure that someone periodically checks theses areas during non-

duty hours.”

At home, make sure all outside faucets and bibs are shut down and winterized.

For basic enlisted and officer quarters, ensure that the mechanical room is secure and that no one is using this space for unauthorized storage.

“When the outside temperature drops below 14°F (-10 °C), ensure a constant dripping of your faucets, like in the kitchen and bathroom, to obtain a small water flow in order to prevent freezing of cold water lines,” Roemhildt said.

Keep doors to bathrooms open as much as possible to maintain normal temperatures. If a resident is going away for an extended time, Roemhildt said they should contact the housing office and have a trusted friend check the home. Set the thermostat at 68 degrees Fahrenheit during absences.

If anyone sees a vacant home on base and suspects a problem, report this to the DPW service desk at 724-4207.

Fore!



AREA II PUBLIC AFFAIRS OFFICE

Kim En-myong practices his golf swing at the Yongsan Garrison driving range. The range is open year-round.

Intern

from Page 9

program is the latest effort to build a bridge between the American and Korean communities, under the auspices of the U.S. Forces Korea Good Neighbor Program.

“We continue to develop positive ways to strengthen our Republic of Korea - United States Alliance through comprehensive programs like our internship program,” said McNulty.

The program also benefits the students, said Kim Soon-Mi, Social Services office at the university. “It is another type of community service program that benefits both students and the local community. Also I think, through the various intern programs, students gain a deeper understanding towards the U.S and ROK alliance,” she said.

Currently only Area II Support Activity is involved in the program, but McNulty hopes the program will spread to other areas.

“Since the start of this program last year, we began with only two applicants,” said McNulty. “However, to our surprise, there were more than 25 applicants for this semester’s internship.”

At the start of the New Year, with the assistance from the Area II Public Affairs Office, Sookmyung Women’s University matched two students to two intern programs with Area II Support Activity and Morale, Welfare and Recreation office.

“I am hoping to gain valuable experience, as well as help to enhance the quality of life of the Area II community through this intern program,” said Son.

E-mail HarringtonA@korea.army.mil

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Community News



VFW Posts Overseas

There are Veterans of Foreign Wars Posts here in Korea. To learn about the VFW, log on to www.vfw.org. For information to the VFW post in Dongducheon, visit <http://www.vfw9985.org>.

Scholarships Available through NCOA

The Noncommissioned Officers Association, Dragon Hill Lodge Chapter 1507, offers competitive scholarships to eligible students who have not or will not receive a larger scholarship from another source. Mail all documentation in one complete packet to:

The Dragon Hill Lodge Chapter NCOA Scholarship Fund
PAS #450 Box 705, APO AP 96206-0705

Quit Smoking

Smoking Cessation Clinic hosts new groups every month for four one-hour sessions. Medication is an option with all four classes. Sessions are free to participants and self-referral is preferred. For information, call 736-6693 or e-mail Ok.Suh@kor.amedd.army.mil.

Korea Reunion Tours

The USO in Korea is offering family tour packages to enable U.S. Forces Korea members to bring their family members to Korea for a visit. Application forms for family members and sponsors will be accepted on a first-received, first-reserved basis until all available spaces are filled. For applications, fees and other information, visit the USO's Web site at www.uso.org/korea.

W-2 Forms Available on MyPay

Those who want to receive their W-2 forms faster should log on to <http://mypay.dfas.mil> to print out an electronic version of the W-2. The electronic W-2 is an IRS-approved method and can be used to file personal 2004 income taxes.

Obesity

from Page 9

calculate the BMI by first converting the height into inches (remembering that one foot is twelve inches), put the numbers in the formula, and finish the math. $BMI = 150 \times 704.5 / (66 \times 66) = 105675 / 4356 = 24.26$

B. $BMI = \text{weight in kilograms} / (\text{height in meters})^2$

For someone who is 70 kilograms and 180 centimeters, $BMI = 70 / (1.8 \times 1.8) = 70 / 3.24 = 21.6$

The BMI score means the following:

BMI Underweight, Below 18.5; Normal, 18.5 - 24.9; Overweight, 25.0 - 29.9; Obesity 30.0 and Above

Is your BMI within the normal range? If so, congratulations. Keep up the good work. Eat a variety of foods and stay physically active for at least 30 minutes everyday.

If your BMI is 25 or above, you are at increased risk for heart disease, high blood pressure, diabetes,

arthritis-related disabilities and some cancers. Seriously consider taking action to lose some weight and improve your physical fitness.

Need a little extra help? Meet with health promotion staff in the main classroom of the Army Community Services Building, South Post, Yongsan, 2-4 p.m. today. Assess your current weight, set your goals and make a plan for a healthy and fit future.

For information or to find out who is available to help in your area, call 736-6693.

(Editor's note: Information for this article was gathered from the CDC, Nutrition Clinic and Pediatrics Clinic at the 121st General Hospital. Suh Ok-hee is a registered nurse who holds a master's in Nursing from Widener University in Chester, Pa. Suh currently works for the 18th Medical Command.)

E-mail ok.suh@kor.amedd.army.mil



SEO KI-CHUL

Sing it, man!

Choir Director Sgt. Efrain Garcia and his "gospeteers" from South Post Chapel sing 'My Sweet Lord' in the Dr. Martin Luther King, Jr.'s Birthday Luncheon Jan. 10 in the Dragon Hill Lodge.

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Kunsan airmen destroy Korea War-era munitions

By Airmen 1st Class Juanika Glover
8th Fighter Wing Public Affairs

KUNSAN AIR BASE – During base exercises here, “Wolf Pack” members face any number of challenges: from simulated scud attacks to the “death” of personnel and “destruction” of property. However, during a recent base exercise, Kunsan airmen had some extra excitement and a real opportunity to render-safe and destroy a 50-year-old bazooka round.

A group of Republic of Korea Air Force Explosive Ordnance Disposal troops came to their American counterparts after discovering the bazooka, said Staff Sgt. John McCoy, EOD craftsman, 8th Civil Engineer Squadron. He said they found the round at an off-base magnum or “bomb dump.”

The EOD airmen determined the bazooka was from the Korean War era — based on the type of round it was, the fact that it was live and the amount of decay and corrosion on it.

“The Koreans brought the bazooka to us instead of destroying it themselves because they did not have the

technical orders to destroy it,” McCoy said. “EOD personnel have unique technical orders or publications that tell airmen how to render-safe and destroy explosive ordnance,” McCoy continued. “We first had to X-ray the round to determine if it was a live round or inert. Once we did that, we coordinated through other offices throughout the base to let them know what was going on ... we had to make everyone clear that this was for real.”

When it came to destroying the round, McCoy said they wanted to move the bazooka as little as possible and to disrupt its fuse components.

“We used a dearmer which removes, jams, or sheers the internal fuse components so the bazooka can’t function properly,” the sergeant said. “After that, there was just the warhead and rocket motor.” From there, it was safe to transport it to the range, where the airmen dug a large hole and placed sand bags around it to absorb metal propelled by the blast.

“This particular type of bazooka is a High Explosive Anti-Tank or ‘HEAT’ round that creates a jet of molten metal once it explodes,” said Master Sgt. Larry Kimball, EOD flight chief, 8th CES. “The jet in this rocket is formed as the explosives in the warhead squeeze a metal cone. The jet is capable of penetrating heavy armor and presents a hazard to anything in its path. We destroy the warhead by crushing the cone as the explosives are detonated. This ensures the jet will not form and reduces the forward hazard area.

The airmen used a remote firing system to send an electrical signal to the blasting cap connected to the remote receiver. Once the receiver got the signal, it detonated the plastic explosive and destroyed the round.

“Destroying the bazooka was kind of a fun and interesting training operation,” said McCoy. “I was just excited about doing this for real. Anytime you get to do your job it’s a great learning experience.”



PHOTOS BY AIR FORCE STAFF SGT ALAN PORT

Staff Sgt. John McCoy, 8th Civil Engineer Squadron, Explosive Ordnance Disposal team, yells out a safety call as a precaution to warn that they are about to detonate a bazooka rocket.



The 8th Civil Engineer Squadron Explosive Ordnance Disposal team destroys the warhead of a Korean War-era bazooka at Kunsan Air Base.

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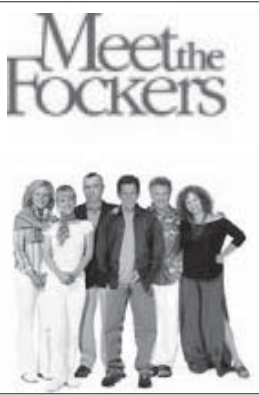
AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	National Treasure	Alexander	Phantom of the Opera	Phantom of the Opera	Alexander	Bridget Jones: Edge of Reason	Bridget Jones: Edge of Reason
ESSAYONS 732-9008	After the Sunset	Seed of Chucky	Seed of Chucky	No Show	Spongebob Squarepants Movie	Alexander	Phantom of the Opera
HENRY 768-7724	Alexander	National Treasure	Meet the Fockers	Bridget Jones: Edge of Reason	No Show	No Show	No Show
HUMPHREYS 753-7716	Phantom of the Opera	Phantom of the Opera	Phantom of the Opera	Bridget Jones: Edge of Reason	Bridget Jones: Edge of Reason	Alexander	Alexander
HIALEAH 763-3120	Meet the Fockers	Spongebob Squarepants Movie	Seed of Chucky	No Show	No Show	No Show	No Show
HOVEY 730-5412	Seed of Chucky	Anacondas	Seed of Chucky	Bridget Jones: Edge of Reason	Phantom of the Opera	Alexander	Alexander
KUNSAN 782-4987	Spanglish	Spanglish	Bridget Jones: Edge of Reason	No Show	Bridget Jones: Edge of Reason	Alexander	Alexander



Bridget Jones: The Edge of Reason
Six weeks after the events in Bridget Jones's Diary, erstwhile London singleton Bridget Jones is still happily dating human-rights lawyer Mark Darcy. But eventually she starts to notice his flaws and begins wondering if he isn't interested in his new co-worker. Bridget's love life is further complicated when her former boss and flame Daniel Cleaver arrives on the scene, having landed a job at Bridget's TV station.



Racing Stripes
In the middle of a raging thunderstorm, a traveling circus accidentally leaves behind some very precious cargo, a baby zebra. The gangly little foal is rescued by horse farmer Nolan Walsh and brought to his Kentucky farm. The farm borders the Turfway Racetrack, where highly skilled thoroughbreds compete for the Kentucky Crown. From the first moment Stripes lays eyes on the track, he's hooked. He knows he can compete. What he doesn't know is that he's not exactly a horse.



Meet the Fockers
Now that Greg Focker is "in" with his soon-to-be in-laws, Jack and Dina Byrnes, it looks like smooth sailing for him and his fiancée, Pam. But that's before Pam's parents meet Greg's parents, the Fockers. The hyper-relaxed Fockers and the tightly-wound Byrneses are woefully mismatched from the start — which all adds up to a disastrously funny time of "getting to know you."



Seed of Chucky
Glen is the orphan doll offspring of the irrepressible devilish-doll-come-to-life Chucky and his equally twisted bride Tiffany. When production starts on the movie detailing the urban legend of his parents' lethal exploits, Glen heads for Hollywood where he brings his bloodthirsty parents back from the dead. The family dynamics are far from perfect as Chucky and Tiffany go Hollywood and get rolling on a new spree of murderous mayhem.



Phantom of the Opera — A disfigured musical genius haunts the catacombs beneath the Paris Opera, waging a reign of terror over its occupants. When he falls in love with the lovely Christine, the Phantom devotes himself to creating a new star for the Opera, exerting a strange sense of control over the young soprano as he nurtures her talents. He's smitten and wants Christine for his own, but Christine falls in love with another. Feeling betrayed, the Phantom decides to imprison her in his lair.



Alexander — By the age of 32, Alexander the Great had amassed the greatest empire the world had ever seen. In between, his life was marked by a troubled relationship with his parents who were determined to put their child on the throne at any cost, including murder. Alexander led a vast army, as they fought from the battlefields of the Persian Empire across the snow-peaked mountains of India.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	Ocean's Twelve	No Show	Ocean's Twelve	I Heart Huckabees	No Show	No Show	No Show
OSAN 784-4930	Racing Stripes	Racing Stripes	Racing Stripes	Bridget Jones: Edge of Reason	Bridget Jones: Edge of Reason	Alexander	Alexander
RED CLOUD 732-6620	Phantom of the Opera	Alexander	Alexander	National Treasure	National Treasure	No Show	Racing Stripes
STANLEY 732-5565	Seed of Chucky	Alexander	Alexander	National Treasure	No Show	Racing Stripes	National Treasure
YONGSAN I 738-7389	Racing Stripes	Racing Stripes	Racing Stripes	Bridget Jones: Edge of Reason	Bridget Jones: Edge of Reason	Bridget Jones: Edge of Reason	Bridget Jones: Edge of Reason
YONGSAN II 738-7389	National Treasure	Shark Tale	Shark Tale	First Daughter	First Daughter	Ladder 49	Ladder 49
YONGSAN III 738-7389	National Treasure	Shark Tale	Shark Tale	Alexander	Alexander	Alexander	Alexander

MLK Day a reminder of best, worst from America’s past

Chaplain (Lt. Col.) Wayne O. Boyd
8th PERSCOM

UGLYAWARD #1

The award for the greatest blight on American history must definitely be awarded to the institution of slavery. It was a dark time in our history and ashamedly, the church was primarily silent. A few Christian voices called for the end of slavery -- John Wesley, Quakers, etc. -- but the voices were too few and too silent. Lincoln’s Emancipation Proclamation ended slavery but the root problem evolved. New voices were needed for this new injustice. That leads us to ...

UGLYAWARD #2

The battle for civil rights continued another century and comes in second place in my mind, on the list of ugliest blights in American history. The answer to this new blemish was Dr. Martin Luther King Jr. Influences on his life include theologian Walter Rauschenbusch, philosopher Henry David Thoreau and Gandhi. The achievements of Dr. King are immeasurable and he definitely deserves a special day to commemorate his success. So we honor him each Jan. 15. We celebrate his birth and life, and mourn his tragic death.

THE JOURNEY OF DR. KING

Dr. King’s father and grandfather were Baptist ministers, and he was pastor of Dexter Avenue Baptist Church and first president of the Southern Christian Leadership Conference. The message of the Bible definitely influenced him, but what else influenced Dr. King to pursue change through peace? If he had

chosen a message of violence and retaliation, I don’t believe our nation could have handled the devastation that would have occurred.

As a young man, he was shaken by the writings of Nietzsche and other atheistic philosophies. The Christian message of “Love Thy Neighbor” appeared to be nonexistent in America and Darwinist/Marxist theories seemed more accurate. Fortunately, he ran across the writings of Rauschenbusch that highlighted a Christian faith, which must work for the kingdom “down here,” as well as “over yonder.”

Despite some religious views that focused more on “over yonder,” Rauschenbusch and the Social gospel encouraged the church to be involved in social action and social injustices. This message spoke deeply to the young King.

Thoreau inspired him that, “one honest man could set in motion a moral revolution.” Our nation needed a new revolution and hopefully it would not mirror the disasters in Russia and France. We needed a peaceful revolution. The life and writings of Gandhi illustrated this possibility. Hopefully the revolutionaries in the Middle East can find such a leader for their cause.

In conclusion, let us each pause to say thank you Dr. King for helping our nation survive, mature and hopefully continue to mature. Help us O God when we devalue and demean other humans and also when we are too silent when others do. Jesus once said, “Treat people the same way you want them to treat you.”

Area II
Worship Services

Catholic Mass	Sunday	8 a.m.	South Post Chapel
		11:30 a.m.	Memorial Chapel
	Tuesday	12:05 p.m.	121 Hospital Chapel
		7 p.m.	South Post Chapel
	Mon.-Wed., Thurs.-Fri.	12:05p.m.	Memorial Chapel
Jewish	Saturday	5 p.m.	Memorial Chapel
	Friday	6 p.m.	South Post Chapel
Protestant Services			
Contemporary	Sunday	10 a.m.	Multipurpose Training Facility
Episcopal	Sunday	10 a.m.	Memorial Chapel
United Pentecostal	Sunday	1 p.m.	Memorial Chapel
Church of Christ	Sunday	2 p.m.	South Post Chapel
Church International Collective	Sunday	8 a.m.	Memorial Chapel
		9:30 a.m.	121 Hospital Chapel
		9:30 a.m.	Hannam Village Chapel (Korean)
		10 a.m.	South Post Chapel
		10:30 a.m.	K-16 Community Chapel
		11 a.m.	Hannam Village Chapel
		noon	South Post Chapel (Gospel)
Collective	Sunday	1 p.m.	Camp Colbern Chapel
		6 p.m.	South Post Chapel
Korean	Tuesday	6 p.m.	Camp Colbern Chapel
	Thursday	6:30 p.m.	Memorial Chapel
KCFA	2nd Tues.	11:45 a.m.	Memorial Chapel
	3rd Tues.	11:45 a.m.	Memorial Chapel

Area II Chaplains

Chaplain (Lt. Col.) Thomas Drake
DrakeT@korea.army.mil or DSN 738-3011

Chaplain (Lt. Col.) Vincent Burns
BurnsV@korea.army.mil or DSN 725-2955

Chaplain (Lt. Col.) David Colwell
David.Colwell@korea.army.mil or DSN 738-4043

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Sailing into history with Admiral Yi Sun-sin

**"He who risks death shall live,
and he who seeks life shall die."**

— Admiral Yi Sun-sin

By Pfc. Seo Ki-chul

Area II Public Affairs

Every country has its war heroes, and Korea is no exception. On one side of the 100 won coin, the picture of one such hero can be found.

It is Yi Sun-sin, of which Koreans are proud because he was not only a great naval commander, but a hero who helped Joseon, one of the ancient dynasties of Korea, survive the crisis.

Even though he died about 400 years ago, his name is not forgotten in the memory of Koreans. He fought against Japanese invaders, while contributing to the victory in the Imjin war that broke out in 1592.

The Childhood of Yi Sun-sin

Yi was born in Seoul in 1545. During his childhood, he used to play military games with his friends, making strategies, as if involved in a real war.

Because he liked reading, he first chose to study liberal arts in hopes of becoming a government official.

But because of what he considered widespread government corruption, Yi chose to study military arts. At 22, he started to practice military arts such as fencing, archery and horseback riding.

The Naval Commander

A decade after he began his studies, Yi passed the national entrance exam of the military course.

When he was 47 years old, he became the naval commander of the southern part of Cheolla Province at the recommendation of a subordinate who had worked with him for a long time.

At that time, the government was divided into two parties and split into petty factions to seize power. But Yi maintained neutrality, preparing to

build Geobukseon, or turtle boats, and training his soldiers.

The boats he built are believed to be some of the world's first ironclad ships. His boats, built with more firepower and speed than the 15th century model, would prove their worth in time.

Outbreak of the Imjin war

In 1592, the Japanese invaded Joseon to use it as a land bridge for attacking China. They swept away everything in their way and soon reached Seoul.

Yi quickly gathered his men and set up a naval defense. His prepared strategy enabled him to gain successful victories in many battles, nearly wiping out the entire Japanese fleet.

He gained a significant victory in the battle of Myeongryang in Uldolmok, near Mokpo, destroying 330 Japanese battleships with only 12 turtle boats and 100 soldiers.

But Yi's luck could only last so long. He was killed by a stray bullet at the battle of Noryang in 1598.

With his last breath, he asked his soldiers not to let enemies know of his death, and to continue fighting until the last of the Japanese were destroyed.

Afterward Japanese invaders failed to attack Joseon again. Of the 500 ships sent from Japan, only 50 ships escaped from the battlefield.

In honor of his service to his country, Yi was given many posthumous titles. One of those titles was Chungmugong, or Lord of Loyal Valor, given by the King of Joseon in 1643.





Ski, Palace Tours

Need something exiting? How's about Ski Tour to Bears town Saturday or Korean Palace and Insadong Tour Jan. 29? Register at Camp Red Cloud Community Activity Center, Camp Stanley Community Activity Center and Camp Essayons Recreation Center.

Sign-up deadline for Korean Palace and Insadong tour is Thursday. Transportation for each tour will start from the CRC Community Activity Center. For information, contact the local Community Activity Center or Recreation Center.

January Birthday Party

Come and celebrate your birthday with your friends. Camp Red Cloud Community Activity Center will present a cake with candle. Come by Jan. 28 for all January birthdays. The party will start at 6:30 p.m.

Comedy ROKs

MWR Special entertainment, Comedy ROKs will visit Warrior Country in January. Eric Clark, Caine Lopez and Tobe Hixx will entertain at performances around Area I.

Visit Camp Red Cloud Mitchell's Jan. 29 and Camp Stanley Reggie's Jan. 30. Each show will start at 7 p.m. David Alan Grier and Tommy Davidson will entertain at Camp Stanley Feb. 24, Camp Essayons Feb. 26 and Camp Red Cloud March 5. Time and venue are to be announced. For information, call 732-6819.

MWR Super Bowl Party

Visit any Morale, Welfare and Recreation Super Bowl Party in Area I and drop your contact information into the contest box. You will have the chance to win Budweiser 25th Anniversary Holiday Beer Stein. The drawing will be held on "MWR Happenings" Radio Show at 3:30 p.m., Feb. 11. The contest is open to active-duty members only. This contest applies to MWR Super Bowl Party only. For information, call 730-6514

Super Bowl Extravaganza

Mitchell's is the place to be for this year's Super Bowl. All the excitement kicks off on Mitchell's huge screen at 6:30 a.m. Feb. 7. Score a touchdown with a great breakfast buffet. Guess the closest to the final score and win a large screen TV. Cash and other great prizes will be given away throughout the game.

Wrestling invitational

Warrior Sports will host the Warrior Invitational Wrestling competition Feb. 12 at the Camp Stanley Fitness Center.

This event is open to active-duty military personnel stationed on USFK installations in Korea. Weigh-ins and medical test will at 10 a.m. Competition starts 1 p.m. For information, call 732-6276/6927.

Pool Tournament

Camp Red Cloud Community Activity Center is hosting a pool tournament at 11 a.m. every Sunday. The winner will receive a coupon for dinner at Mitchell's. For information, call 732-6246.

Papa Roach performs for USFK troops

By Margaret McKenzie

USACFSC Public Affairs

YONGSAN – Since the 2004 of their CD *Getting Away with Murder*, Papa Roach is back on the charts and their tunes are back on the tongues of many Americans. The title track has gained much radio play since it's release in August and the group is riding the wave of success all the way to Korea.

Papa Roach is now here and preparing a series of performances for troops stationed throughout the peninsula.

A "Nu Metal" band from northern California, Papa Roach formed in 1993 and consists of frontman Coby (who since 2002 goes again by his given name Jacoby Shaddix), together with Jerry Horton, Dave Buckner and Tobin Esperance.

The band originally formed during their high school years in California and achieved mostly regional success until the release of their single, "*Last Resort*"



on their 2000 album titled *Infest*. The rap/metal hybrid album reached triple-platinum sales figures.

Papa Roach began with their roots in heavy metal. Fans of transformation, the band has since added hip-hop, rap and pop influences to create a "Nu Metal" style (a subgenre of heavy

metal). Members have ignored the advice of so-called experts and reinvented their music "without abandoning who we were in the first place," said drummer Dave Buckner.

The name Papa Roach comes from the cockroach and as Papa Roach says: "When a bomb explodes, what's going to survive? Cockroaches."

The band has toured with Kid Rock, Static X, Incubus, Bad Brains and others as part of The Warped Tour.

Performances in Korea are free of charge to all Military ID cardholders on a first-come, first-served basis, courtesy of MWR Entertainment. For information, contact the local MWR Entertainment Office or 723-3749.

Papa Roach Performance Schedule

Tuesday	Camp Walker	Kelly Fitness Center	7 p.m.
Thursday	Yongsan	Collier Field House	7 p.m.
Jan. 28	Camp Essayons	Gym	7 p.m.
Jan. 29	Camp Casey	Carey Fitness Center	9 p.m.
Jan. 30	Camp Humphreys	CAC	7 p.m.

Screenings need four months after deployment

By Margaret McKenzie

USACFSC Public Affairs

FORT DETRICK, Md. — Asking most Soldiers who have just returned home from a deployment if they're feeling "downhearted and blue" is probably premature.

Asking them three or four months later, though, seems to be the ticket to getting warfighters the help they need for combat-related depression, said Lt. Col. Paul Bliese, commander of the U.S. Army Medical Research Unit-Europe in Heidelberg, Germany. The research unit screened returning troops in Italy first at reintegration and again at 120 days and found that more Soldiers needed help after they had been home for a while.

"They spent a year in Iraq, they're back, they're alive, there's a huge celebration. Then, three months into it, life intervenes. All of a sudden, they're having to deal with going to work every day and having to deal with the responsibilities of being a parent, spouse and a Soldier," he said. "I think that's when these problems really start to come out."

A study reported in the New England Journal of Medicine in July 2004 said that 15.6 to 17.1 percent of military members who served in Iraq or Afghanistan typically screened positive for a mental disorder when they were surveyed three or four months after they got back to their home base. The study was conducted by researchers at the Walter Reed Army Institute of Research, parent organization to the U.S. Army Medical Research Unit-Europe.

While conducting research on a psychological screening tool, the research team from Heidelberg, led by Dr. Kathleen Wright, surveyed troops within their first two weeks of returning to Italy after serving in Iraq. They came up with a 6.5 percent positive rate for mental disorders for the 1,604 Soldiers they screened.

Warfighting commanders-most notably Col. William Mayville, commander of the 173rd Brigade, and Maj. Gen. Thomas Turner II, Southern European Task Force commander-noted that something just wasn't right with those numbers, said Col.

Richard F. Trotta, commander of the clinic at Vincenza, Italy.

So Trotta asked the research unit to screen the Soldiers again 120 days after their return.

"We did that and, not surprisingly, those rates went back up to something closer to what was published" in the New England Journal of Medicine, Trotta said.

In fact, the rates were exactly 15 percent, Bliese said, adding that to be fair some of the increase might reflect the fact that different procedures were used at the latter time. The best indication of how Soldiers' responses changed came from 509 Soldiers who provided data both times.

"I think it is remarkable that these warfighters (Mayville and Turner) completely understood the significance of the evaluation and were concerned enough to fully support the follow-up evaluation at 120 days," Trotta said. "Without their support, it would never have happened."

The responses from these Soldiers showed marked increases in psychological symptoms.

"Overall, 80 to 85 percent of the people do fine, but 15 to 20 percent of people fairly consistently seem to be showing some problems at 90 to 120 days," he said. "These are resolvable, so in no way do we think we're going to lose 15 to 20 percent of our population on redeployment. But these 15 to 20 percent are saying 'My relationship with my spouse has really gone to hell since I've been back; I've started to drink too much and I need to dry out.'"

If Soldiers test "hot" for either the suicide or homicide question on the short screen, they're immediately referred to a mental health professional. Others whose scores indicate they should get help can be contacted confidentially by mental health professionals on post.

A Soldier can also ask for help as well.

"One item we like on the screen is essentially: Do you want to see a counselor? They say yep, and we get them in," Bliese said. "By somebody showing up at the unit and basically letting the person self refer for any problem, it's a very easy way to get into the health care system."

Overwater Survival Training Center saves lives

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS—According to Chief Warrant Officer 4 Robert Reynolds, 6th Cavalry Brigade safety officer, the goal at Humphreys' Overwater Survival Training Center is to "drown-proof" every Army aircrew member – and "as many others as we can."

Better known as the "Dunker," the Overwater Survival Training Center is designed to teach Soldiers how to escape from a helicopter that has crash-landed in water.

Helicopters turn turtle in water. The weight of the engine, transmission and the rest of the drivetrain is at the top. They turn upside down and sink. The center teaches aircrew how to react, how not to panic and how to get out alive.

The current center has grown from a modest beginning in 1998. Then 6th Cavalry Brigade Commander, Col. Edward Sinclair, initiated the program. Today the center has the ability to train 2,400 to 2,800 students a year at an annual cost to the 6th Cavalry of more than \$50,000.

"When we started we were improvising equipment by attaching PVC pipe to chairs," said Reynolds. "We worked out a deal with the base to let us have use of an old, unused swimming pool, cleaned it up and started from there. Over the years, we've built a building around the pool and we've acquired professionally produced equipment that will allow us to simulate a number of different helicopter configurations. Now we're training aircrews from throughout Korea and as far away as Hawaii."

The Humphreys training facility is one of two in the Army and the only "Green Suit" operation. The training facility at Fort Rucker, Ala., is a contract facility, run by "Survival Systems," the same people who manufacture the equipment used in the Dunker.

"We lease 'Survival Systems' equipment," said Reynolds, "but we're way more flexible than they are in Alabama. They're very structured in what they do – and they have to be. But we can offer a wider array of training opportunities."

"We can train in 'drown-proofing,' search-and-rescue and escape under adverse conditions such as a blackout simulating a nighttime crash. And we can rapidly switch from one scenario to another according to need."

All the trainers at the Humphreys facility are volunteers.

"I send about 30 Soldiers a year to

dive training so that I'll have people to work with aircrew trainees," said Reynolds. "Volunteers get their dive certification and we get people who volunteer their off-duty time to work for us. It's a good deal all around."

The facility is being expanded. What started as an unused 25-meter pool now is a modern facility that, when the expansion is complete, will have equipment storage, male and female locker rooms, classroom space, office space and a boat garage.

"The important thing to remember though," said Reynolds, "is that what we do here saves lives."



Trainees take a ride in a dunking device configured to resemble the interior of a UH-60 Blackhawk helicopter. Once it hits the water and turns over, they will put their training to use by escaping.



PHOTOS BY ROGER EDWARDS

Trainers strap a trainee into a Shallow Water Egress Trainer, SWET for short, in the opening phases of teaching flight crew members to stay alive when their aircraft crashes in water. Once they are strapped in, the trainers turn the SWET upside down while the trainee escapes.



Trainees who have escaped from the submerged Blackhawk trainer gather at poolside with a diver who stands by to assist any trainee who might get in trouble while underwater. Trainees go through the training in full uniform, just as they would in a real-world situation.



Chief Warrant Officer 4 Robert Reynolds explains new developments at Humphreys' Overwater Survival Training Center to Brig. Gen. Edward Sinclair, commander of the United States Army Aviation Warfighting Center, Fort Rucker, Ala. As a colonel stationed at Camp Humphreys in 1998, Sinclair initiated the program that resulted in today's center.

NEWS & NOTES

Watch the Superbowl Feb. 7

Camp Humphreys
Community Activities Center
Continental Breakfast
6:30 a.m. - \$3.95
Movie Screen TV
Chairs of Honor
Hundreds of NFL Souvenirs
Hundreds of Prizes

Nitewatch

Steak and Eggs Breakfast
6 a.m. - \$9.95
Game on All TVs
Hundreds of Prizes

Suwon

Scudbusters CAC
Doughnuts, Coffee, Juice,
American and Korean Food
Lighted Signs
After Game Party

Camp Long

Longshot CAC
Doughnuts, Coffee, Juice,
Doors open at 6 a.m.
Free refreshments, doughnuts,
juice and coffee
Free Door prizes and giveaways.

College Registration

College Term III begins Monday and registration for classes will continue all week. Soldiers interested in signing up for classes should see their education counselor for tuition assistance. For information, call 753-8904.

Aerobics Certification

Area III Aerobics certification is open to everyone. Classes are scheduled for Feb. 12-13. Tuition assistance is available for the course. For information, call Marci Torres at 753-7657. Registration deadline is Tuesday.

Jack Frost 5K

Eighty-two runners participated in Camp Humphreys' Jack Frost 5K Run over the Martin Luther King holiday weekend. The run was sponsored by the installation gym.

Results are:

Overall	1st Place	
Chad Skaggs, HHB, 1/43RD ADA	17.49	
Men	Open	
Chris Reid, HHC, 2/52ND AVN	19.00	
Yong, Sok-jang, A CO, 527TH MI	19.39	
Stacy Jenkins, HSC, 3RD MI	19.40	
Male/Female	Run	
Sadie Sellow		
Stacey Jenkins	41.29	
Colleen Burgmaster		
Brian Burgmaster	42.30	
Annette Mincey		
Bobby Brown	50.56	

Humphreys main gate reopens today

Area III Public Affairs

CAMP HUMPHREYS — The redesigned Camp Humphreys main gate will reopen for two-way traffic this evening at 6 p.m. during a ceremony hosted by Col. Michael J. Taliento Jr., U.S. Army Area III Support Activity commander.

Inbound traffic at the main gate was stopped because it did not provide a suitable or acceptable area to conduct required periodic vehicle inspections.

The gate was redesigned by the Area III Directorate of Public Works and the \$70,000 project was completed by a contractor. During the renovation, inbound traffic was limited to the Command Post Exercise gate. The redesigned gate features two outbound lanes and four inbound inspection lanes.

With approximately 4,000 vehicles registered for use on the installation, traffic entering Humphreys has been congested. Reopening the main gate will relieve the pressure at the CPX gate and re-distribute the traffic pattern.



ROGER EDWARDS

Workmen put the finishing touches on the inward bound side of Humphreys' redesigned main gate Tuesday (top) in preparation for an opening ceremony to be held Friday evening. Outward bound traffic (bottom) is already using the entrance.

Persons entering the installation by the main gate are reminded that periodic vehicle inspections will still

be conducted and that they should allow enough travel time to reach their destination.

Prevent ATM, credit card misuse, crime

Area III Public Affairs

CAMP HUMPHREYS — According to a recent Crime Alert Notice, there has been a significant increase of reported Forgery and Larceny cases over the last several months, involving lost or stolen automatic teller machine cards and credit cards. Four such cases involve thousands of dollars worth of

unauthorized purchases both on and off military installations.

In two of those cases, Soldiers failed to retrieve cards from an ATM after making a withdrawal. Two resulted from Soldiers leaving wallets lying out in their rooms in plain sight of roommates and visitors.

It is simple to avoid becoming a crime alert statistic. Soldiers merely

need to lock up valuables when they are not in use. When banking or making an ATM withdrawal, pay attention. Retrieve bank card, identification, checkbook, etc. Do a physical check each time.

If a Soldier should find an ATM card, identification or other item accidentally left behind; turn it in to the bank or to military police. Help control the problem and make things better for everyone.

EEC kits undergo command inspection

Area III Public Affairs

CAMP HUMPHREYS — An "Emergency Essential Civilian," according to Department of the Army Pamphlet 690-47, is a civilian employee who occupies an EE position and has signed a "DOD Civilian Employee Overseas Emergency-Essential Position Agreement" ... who is in a civilian position located overseas or one that would be transferred overseas during a crisis situation.

While dependents and nonessential civilian employees would be evacuated in the event of a crisis, those designated

"EEC" stay behind and continue to do their jobs, supporting Soldiers engaged in combat operations.

Like Soldiers, these civilians have been issued uniforms and equipment necessary for their survival in a hostile environment. They receive training and stand periodic inspection to ensure their equipment is complete, that it is in good shape and that they know how to use it.

Col. Michael J. Taliento Jr., Area III commander, held such an inspection Jan. 14, and inspected each of Humphreys' EEC designated civilian employees personally.



ROGER EDWARDS

Col. Michael J. Taliento Jr., U.S. Army Area III Support Activity commander, inspects an EEC gas mask.



ROGER EDWARDS

Girl Scout Cookies

Brownie Girl Scout Katelyn Brack, Troop #30, sells a box of cookies at the Humphreys Post Exchange Sunday, during the first weekend of the 2005 Girl Scout Cookie Season. Girl Scouts have 4,000 boxes of cookies to sell this year, and they're selling them at the PX and Shoppette each weekend, and via e-mail order, until Feb. 26 or until supplies run out. The girls will be out Saturdays from 10 a.m. until 4 p.m., and on Sundays from noon until 4 p.m. E-mail orders can be sent to Kelley Brucker at KELSPEED@aol.com. The cookies are \$3.50 a box. Flavors include Thin Mints, Caramel Delights, Shortbread, Peanut Butter Sandwich and Peanut Butter Patties. New flavors offered are Lemon Pastry (reduced fat), Iced Pinatas and Animal Treasures.

Humphreys holds quarterly Town Hall Meeting

CAMP HUMPHREYS — Col. Michael J. Taliento Jr., commanding officer of Camp Humphreys and Area III, hosted a quarterly Town Hall Meeting Tuesday evening, with more than 100 people attending.

During the meeting, the colonel reviewed issues that had been raised during the last quarterly meeting, discussed projects for the coming year and those projects that have been completed or which are near completion.

Taliento announced the reopening of Humphreys' main gate in a ceremony scheduled for 6 p.m. today. He pointed out that there have been major improvements made in the facility, including two outbound traffic lanes and four brightly lighted inspection stations for inbound traffic.

There are still some improvements to come for the main gate, including an overhead covering to help protect inspectors from inclement weather and a structure to allow them to get out of the cold.

While the main gate will operate 24-hours-a-day and handle Privately Owned Vehicle traffic only, the Command Post Exercise Gate will remain open for commercial traffic as well as tactical and POV traffic. The CPX Gate will be open from 6 a.m. to 10 p.m. each day. Taliento also

mentioned that there may be a possibility of a contractor-only gate opening near Zoeckler Station in the near future.

There are also improvements being made to the pedestrian gate. When completed, the gate will feature separate covered paths for inbound and outbound walkers, a path for those carrying or pushing children or objects, and a small park occupying what is now the paved

scheduled for a soft opening in March with the grand opening to follow once the current commissary is removed for parking. Other projects, such as the new underground parking garage at Humphreys' Family Housing and the new barracks at Zoeckler Station, are already proceeding. New projects will begin throughout the months to come.

In addition, Taliento talked about



OFFICIAL U.S. ARMY PHOTOGRAPH

The new Humphreys commissary nears completion and is due for a soft opening in March.

area between the wall and the taxi waiting area. Taxi and bus waiting areas will be moved to more secure locations out of the flow of traffic.

Other projects Taliento mentioned are three new physical fitness centers that have just been approved. One will be placed in the vicinity of the Camp Humphreys' downtown area, one in the vicinity of the MP Hill area, and the third in the vicinity of Zoeckler Station.

The new base commissary is

scheduled exercises and the impact they may have on Camp Humphreys.

Taliento congratulated the base on Combined Federal Campaign participation this year, announcing that Camp Humphreys had raised more than \$150,000 – a record. And he asked that people participate more in activities and events around the facility, asking for volunteers for programs like the library's Children's Reading Hour, and for the various councils.

Upcoming Project

Several other Camp Humphreys projects were mentioned during Tuesday's quarterly Town Hall Meeting, including:

■ The Nightwatch area is scheduled to get three new automatic teller machines.

■ The Command Post Exercise Gate will get additional parking and drive space and a visitor registration facility with parking.

■ The new 50-child Child Development Center is nearing completion and is scheduled to open in the May/June time frame.

■ Army Family Housing Phase II is on track. Occupants should be moving in within a year.

■ An Army and Air Force Exchange Service Shoppette with a Charlie Steakery is going to be built near the 3rd MI area, off of Garrison Road and MP Hill.

■ The PX will soon have automatic doors installed.

Did you change the date on Pg. 24?

Ad goes here

Camp Carroll English Camp builds bridges, bonds

By Cpl. Oh Dong-keun

Area IV Public Affairs

CAMP CARROLL – It took a couple of days for the participants of the Camp Carroll English Camp to settle into their new environment, but after a week filled with new experiences, they didn't want to leave their new American friends behind.

The participants, 36 middle and high school students and nine teachers from 11 Chilgok County schools took part in Camp Carroll's inaugural English camp Jan. 10–14. The five-day camp was conducted by U.S. Army and Korean Augmentation to the U.S. Army Soldier instructors from various units on the installation including the Area IV Support Activity, 307th Signal Battalion, 20th Support Group, 6th Ordnance Battalion, U.S. Army Material Support Command – Korea, and the 16th Medical Logistics Battalion.

"The purpose of having this camp was to show the students and teachers what we have behind the closed gates," said Wilfred J. Plumley Jr., Camp Carroll installation manager. "We wanted to show them how we live and that we're more alike than we are different. We have a lot of similarities (with Koreans) but we just don't know each other well. I hoped that through this experience, students, teachers and Soldiers would realize that we are not so different after all."

The participants were divided into five groups, four student groups and a



Sgt. Ohn Sang-joon

Spc. Earvin Burrell, 293rd Signal Company, teaches Kim Sun-young, a ninth-grader from Dongmyung Middle School, how to play chess during the pizza party Jan. 12.

teacher group. Each group included a senior noncommissioned officer and a junior enlisted Soldier who served as instructors for group discussions and free conversation sessions, and a KATUSA Soldier to provide minimal Korean language clarification. For numerous small group activities, the student groups were split into smaller groups of four to five students to give them more opportunities to practice their English skills with native speakers.

Other activities during the camp included sports, a pizza party and an

installation tour carried out in English to promote improvement of the participants' English ability. Participants also visited Walker Army Heliport (H-805) to see a static display of a UH-60 Blackhawk helicopter and Taegu American School, where the students got a peek at the lives of American teenagers. They also had several opportunities to experience American cuisine at a variety of eateries, including the Camp Carroll dining facility.

Students and teachers expressed their excitement about their experiences.

"It's been fun," said Kim Mi-ae, a

9th-grader from Waegwan Middle School. "It was a great chance for me to get to know America better, especially its food, which I don't get to eat at home. Talking with American Soldiers and seeing the helicopters and the tanks were interesting, too."

"I think the pizza party on Wednesday was the best time that we had during the camp," said Lee Hyo-sang, an English teacher from Soon-shim High School. "We played pool and pingpong with the Soldiers and had a great time talking and mingling with them. It was also a good learning opportunity that boosted our confidence by talking with native speakers."

The Soldiers who participated in the camp as instructors also enjoyed the unique experience with the Korean students and teachers.

"It was very exciting and fun spending time with (the students)," said Spc. Shykera Kendall, Company C, 307th Signal Battalion. "They were energetic, active and thoughtful. I really had a lot of fun with them."

"I think it was a good learning experience for both sides," said Sgt. 1st Class Ronald Porter, Headquarters and Headquarters Company, Area IV Support Activity, Camp Carroll. "I learned some Korean culture that was beneficial for me, and in turn, I taught them some American culture which I think would be beneficial for them."

See **English Camp**, Page 28

Korea's first Defense Distribution Depot activating Jan. 28

By Galen Putnam

Area IV Public Affairs

CAMP HENRY – Defense Distribution Center, New Cumberland, Pa., will activate Defense Distribution Depot Korea, its 26th distribution site and first in Korea, at 10:30 a.m. Jan. 28 at Building #620 on Camp Carroll.

U.S. Army Lt. Col. James E. Lippstreu, will assume command of the facility at the ceremony.

The Defense Distribution Center was established Oct. 1, 1997, and is the Defense Logistics Agency's lead center for distribution.

The DDC's responsibilities include receipt, storage, issue, packing, preservation and worldwide transportation of all items placed under its accountability by the Defense Logistics Agency and the military services. The DDC's 26 distribution depots store 4 million stock numbers in 346 million cubic feet of storage space and process more than 25 million transactions annually.

"The Defense Distribution Depot Korea will benefit USFK by reducing customer wait time and overall cost," said Pete Halseth, DDDK deputy commander. "It will allow customers to redistribute those funds to different uses."

The facility cost approximately \$3.6 million to renovate. The depot consists of two warehouses

redesigned by DLA engineers to maximize space and efficiency. Phase I of the depot's opening includes its stand-up and activation to provide its initial capability. Later in the year, phase II will enhance the facility's capabilities to bring it up to par with its other depots operating around the world.

By pre-positioning parts and supplies, customers can receive their orders more quickly and it is more cost effective than having to airlift supplies from outside Korea. Currently, when orders are needed quickly, they are airlifted or shipped airfreight from the United States or an existing Defense Distribution Depot. By anticipating customer needs and estimating future requisitions, the Defense Distribution Depot Korea will be able to order supplies in advance, which will be shipped by surface transport at great savings. With the nearly 14,000 items already on-hand, delivery time will be reduced as well.

"The entire process should be fairly transparent to the customer other than items will show up a lot quicker," said Lippstreu. "This will reduce a lot of 'double-handling,' which is important because every time an item changes hands it takes time and costs money."

Orders are processed through a central database in the United States and are then sent down to the

nearest depot possessing the requested items. When the Defense Distribution Depot Korea opens, those items will be much closer to the end-users on the peninsula.

The goals of the Defense Logistics Agency's overseas stocking strategy include improving overall readiness, reducing customer wait time, reducing inventory, reducing transportation costs and reducing stress on strategic airlift capabilities.

"Our strategy was to leverage existing infrastructure in support of the forward stocking initiative and to bring timely logistical support to the Korean theater while enhancing airlift capability and reducing customer wait time," Lippstreu said. "The theater is transforming and this supports theater transformation as we streamline logistics support to all the services."

The depot will be staffed with 32 Korean national, 11 Korean Service Corps, and eight U.S. Army civilian employees and Lippstreu.

"It's not like I'm the Lone Ranger," Lippstreu said. "We have a great support team back in the States. I'm glad to have this opportunity, in fact, it is almost like coming home. This is my fourth time to Korea. I've been with the 19th Theater Support Command and the 20th Support Group, so I know Area IV pretty well."

NEWS & NOTES

Offsite Consular and Immigration Services in Busan

U.S. Embassy officers will be in Busan at the Paradise Hotel in Haeundae Monday and Tuesday to provide consular services. American citizens who wish to file applications or get information about passports, consular reports of birth abroad, federal benefits, voting information and notarials, may come in during this time. For information, check out the U.S. Embassy Web site at www.asktheconsul.org.

RESUMIX Training

The Area IV Civilian Personnel Advisory Center will conduct RESUMIX training 1:30 p.m. Wednesday at the Civilian Personnel Operations Center Training Center, Bldg. 1208 on Camp Henry. For information, call Susan Reiley at 768-6639. For class enrollment, call Kim Sang-yun at 768-6625.

Camp Walker Library Closure

The Camp Walker library is closed until Mar. 17 due to renovation. Book return and in/out-processing is available at the Community Activity Center, Bldg. T-215, located next to the gas station. For information, call Pan Un-hwan at 764-4318.

Major Promotion Board

A selection board will convene Feb. 8 for Army captains considered for promotion to major. Candidates' official photo, ORB validation and OMPF must be updated by Feb. 7. All mandatory and optional OERs must be received by Feb. 1. For information, visit <https://perscomnd04.army.mil/milpermsgns.nsf> or call Warrant Officer Letrice Stockard at 724-7916.

Walker Dental Clinic

The Camp Walker Dental Clinic has relocated inside Wood Medical Clinic due to renovation. The dental clinic will remain inside Wood Clinic for the duration of the renovation, expected to be completed January 2006. For information, call Staff Sgt. Doricina Hendricks at 764-4307.

Veterinary Clinic Hours

The hours for the Camp Walker Veterinary Clinic are 9 a.m. - 4 p.m. Monday, Wednesday and Friday. For appointments, call 764-4858. For after-hours emergencies, call 011-9977-0153.

Camp Carroll Dining Facility

The Camp Carroll Dining Facility has moved to the old gym due to renovation expected to last approximately mid-February. For information, call Sgt. 1st Class Lisa Peterson at 765-7036.

Separation of Food Waste

All food waste at AAFES food facilities must be separated from regular trash in accordance with a change in Korean law. For information, call Chester Hires at 768-7355.

Travel During Curfew

Travel between installations and to or from residence and or workplace during curfew hours is authorized for all U.S. servicemembers and civilian workforce according to Paragraph 3 d. (4) of USFK Fragmentary Order #05-01 (Updated Force Protection Enhancements).

Carroll campers express themselves

Area IV Public Affairs Office

CAMP CARROLL – Students and teachers from Chilgok County who participated in the English Camp at Camp Carroll Jan. 10-14 concluded the week with a presentation in English. Below are some presentation excerpts as they were written and spoken by the students.

Lee Han-sol, 8th Grade Waegwan Middle School

"I decided to join English camp because I thought I can learn English and other culture. Now, I think this program was really beneficial to me. The first day of the camp, it was a little difficult for me to join with others and speak English. I even did not understand what U.S. Soldier were speaking. However, from the second day things got better.

"At first, I had a little bit of prejudice against U.S. Army, but not anymore. It was good opportunity for me to learn English, American culture, games and some of American culture, too.

"I feel so happy that I joined English camp..."

Lee Jung-In, 9th Grade Yakmok Middle School

"... I have joined this camp because I wanted to learn English more. Of course we learn English at school, but I wanted to have conversation with Americans and learn about their culture.

"... During English camp, I felt U.S. Soldiers are very much understanding and I think they have a sense of humor. In addition to that, KATUSAs were so nice to us, kind and well-mannered.

"This English camp provided me with opportunity to understand more about American culture. Even though there may be small cultural differences



SGT. OHN SANG-JOON

Wilfred J. Plumley, Jr., Camp Carroll installation manager, shows Park Du-ran (left), a ninth-grader from Yakmok Middle School, where to aim as Baek Sun-mi (center), an English teacher, looks on.

"It was an unforgettable experience."

between Korea and U.S., we can learn and understand each other because we are friends – just like our teacher SFC Tellez said. It was a good experience. Thank you!"

Bang Dae-han, 8th Grade Seokjeon Middle School

"Before we went to the Camp Walker, I thought we got a ride of helicopter. However, we didn't. And helicopter is much bigger than I imagined. The helicopter pilot was very good, handsome, funny and gentle. Surprisingly, he spoke Korean better than I can speak English.

"When we were in the helicopter, we looked lots of buttons inside. It looked very hard to operate it. When I wore a helmet, I could not hear anything. We got off helicopter and took picture of the helicopter ...

Lee Gang-hyun, 9th Grade Yakmok Middle School

"SFC Comfort who is the leader in our group is a very tall and funny person.

"PFC Moreno, who brought us cookies and candies, is a warm-hearted female Soldier. ...

"After talking with them, I realized that every person is warm-hearted, but just has different languages."

Yun Ji-hye, 9th Grade Soonshim Girls Middle School

"We went to the Child Development Center. The teacher who gave us a tour, was gorgeous, and the babies and little kids were very cute. Moreover, the facility was very hygiene and nice. We learned some surprising facts. First is, one teacher isn't allowed to take care

See **Presentations**, Page 27

Area IV Tax Center ready to open for season

Area IV Public Affairs

CAMP HENRY – The Area IV Tax Center, located in Building 1805 on Camp Henry, will open Monday to all authorized ID cardholders who need assistance in preparing and filing their federal and state income taxes.

Soldiers should make an appointment through their unit tax advisors before visiting the tax center. Unit tax advisors will determine the Soldier's filing needs. If filing forms other than 1040EZ, Soldiers will need to schedule an appointment with the tax center. All other eligible individuals can make an appointment or come during walk-in hours to file a 1040EZ Form.

Walk-in 1040EZ customers are welcome during regular tax center hours. Soldiers in units that have no unit tax advisor should contact the tax center first. Taxpayers should bring the following documents, if applicable, to the tax center:

❑ W-2 Form(s)

❑ Valid Social Security Number for each family member (or ITIN for foreign spouse)

❑ Valid power of attorney or Form 2848 (Only if "married, filing jointly" and both spouses cannot come to the appointment together.)

❑ Documentation supporting claim of dependents (if divorced, legally separated or filing as head of household)

❑ Form 1098, mortgage statement or qualified tuition programs (if one was received)

❑ Form 1099, retirement, pension, or miscellaneous income (if one was received)

❑ Documentation relating to interest income, dividends, or capital gains distributions

❑ Documentation from rental management

❑ A voided check or routing number and account number for electronic refund or direct deposit

❑ Any other tax documentation

1st Lt. Sasha Rutizer, chief of Client Services for the Area IV Legal Assistance Office, encourages Soldiers to use their unit tax advisors because it will cut down the waiting time when they come to the tax center.

The tax center will electronically file both federal and state income taxes. The center will do 1040EZ Forms and other 1040 variations. Customers can obtain tax forms and track their electronic returns at the Internal Revenue Service Web site www.irs.gov. Individuals with MyPay accounts can obtain W-2s electronically at the MyPay Web site: www.mypay.dfas.mil.

The center will be open 8 a.m.- 4 p.m., Monday through Friday. Thursdays the center will offer extended hours, 4:30 - 6:30 p.m., by appointment only. Appointments can be made at the tax center or by calling 768-6680. All services are free of charge.

Presentations

from Page 26

of more than four children who are less than 6 years old. Second is that no kids, who are less than 13 years old, can stay at home by oneself.”

*Kim Mi-ae, 8th Grade
Waegwan Middle School*

“... In group 2, we learned a new word the Army uses – HOOAH. It means, yes, I understand, and I will do it. It is a positive word. Most civilians do not understand this word. If we don’t use it in class we have to do push-ups.

“One day we went to an American BBQ at Camp Walker. We experienced many new things. American culture is different because when they eat BBQ, they eat with their hands, lick their fingers, and use a large cloth napkin. We were happy while eating lunch because we had lots of opportunities to talk with Americans.”

*Moon Se-na, 9th Grade
Soonshim Girls Middle School*

“...as I go through this camp, I realize that Americans are same as Koreans. Only one different thing is language. Most memorable time is when we went to American school. I would like to be student in American school at heart. American school has many different things from Korean school. As you know, Korean students usually study hard from elementary school to high school, but they stop to study hard when they enter college. However, American students generally experience various activities as well as studying hard. I envy this thing so much. After every single day’s schedule is done, I can’t fall a sleep at home because of expectation of next day’s camp.

“I made many friends in this camp because of my



SGT. OHN SANG-JOON

Chief Warrant Officer Michael Carey, a Blackhawk pilot from Company C, 1st Battalion, 52nd Aviation Regiment (South), answers students’ questions during their visit to Walker Army Heliport (H-805) Jan. 12.

free and easy character ...”

*Ryu Ho-min, 9th Grade
Soonshim Boys Middle School*

“...I think that it’s so lucky to participate to this English camp. I had been always wondering about Carroll, now I satisfy my desire to see inside Camp Carroll.

“First day, when I got into Camp Carroll, I got big impressions from various kinds of tanks and facilities. Especially, I envied good workout equipment and indoor basketball court in gym. After listening to briefing about

KATUSA, I would like to get training with American Soldiers.

“... Through this English camp, I become to understand about KATUSA and American Soldier. Although we are different race, I realize that we can go together. Now I become friend with our instructors. There is a proverb that there is no border in love. Through this camp, I realize that there is no border in heart. This camp is very good experience for me. I really enjoy it, and Thank you.”

Ad goes here

English Camp

from Page 25

According to both Soldiers and the students, the event was not only enjoyable but it was also a chance to clear up some negative impressions between Korean people and U.S. Soldiers.

"I really appreciated their effort to show us as much as they could about themselves," said Seo Dong-mi, an English teacher at Seokjeon Middle School. "It helped me get rid of some of my misunderstandings about American Soldiers and what they do here."

"Before I actually got to meet them, I was afraid of American Soldiers," said Lee Yu-mi, a 10th-grade student from Yakmok High School. "But after meeting them and spending time with them, I found out that they are really kind and nice people and they are just like us."

"I think this experience helped break down some confusions and misconceptions that Korean students have by giving them a chance to see what we do, how we live, and basically show them that we are people just like them," Kendall said. "I hope that they won't think of us as scary strangers, but as friends."

The camp concluded with a closing ceremony that included presentations from students from each of the five groups. Students and teachers talked about their feelings and impressions



Pfc. Araceli Moreno, 84th Ordnance Company, 6th Ordnance Battalion, helps students prepare for their final presentation at the English camp.

they received throughout the week. Certificates of completion also were given to each participant.

"It's been a week filled with activities and I believe we've all benefited tremendously from this opportunity to interact and learn from each other," Plumley said in his closing remarks. "It's been an extremely rewarding experience for our Soldiers and we hope it has been for you as well. We also hope that through this experience, you will

think of us in a positive light and that you will share your newfound impressions about Americans and American culture with your classmates and students back at your school."

According to Plumley, the installation, with the support from Chilgok County and its Office of Education, plans to continue the event every year in January. Chilgok County Governor Bae Sang-do provided \$2,080 to Camp Carroll, which



The participants of the Camp Carroll English Camp have a pizza party Jan. 12 at the Community Activities Center on Camp Carroll. Fifteen pizzas, a chocolate cake and soft drinks were provided.

covered the cost for students' lunches during the week. Chilgok County was able to provide the funding because it has been designated as a Lifelong Open Education County by the Korean Government.

"Quite frankly, this camp would not have been possible without Chilgok county's generous support," Plumley added in his closing remarks.

The governor acknowledged the camp's importance to cross-cultural understanding between both nations.

"I believe this English camp greatly helped to improve English abilities of the students," said Bae in his remarks. "It also promoted and contributed a lot to the cultural understanding and friendship between the Republic of Korea and the United States."

Ad goes here

게임 중독증으로 인한 증상 및 그 해결책

일병 서기철

매일 1천8백만여명으로 추산되는 국내 게임인구가 직장, 학교, 가정, 밤낮을 가릴 것 없이 게임에 몰두하고 있다.

케이블TV나 일부 지역민방은 게임 중계도 하고 있는 실정이다.

이에 따라 며칠간 게임만하다가 실신하거나 사망하는 중증 "게임중독증" 환자가 속출하고 있다.

이번호에서는 정신적인 문제와 함께 정형외과 또는 신경외과적 질환을 유발할 수 있어 예방과 빠른 치료가 필요한 게임중독증에 대하여 알아보도록 하자.

**외과적 손상

"마우스 신드롬"으로 불리는 누적 외상성 장애나 팔목터널증후군이 나타날 수 있다.

-누적외상성 장애의 특징과 예방법
:반복적으로 키보드나 마우스를 조작하면서 손과 팔의 신경 힘줄 연부 조직 근육 등에 생긴 손상이 충분한 휴식을 취하지 못해 수개월 또는 수년에 걸쳐 누적돼 생긴다.

이 증상은 나중에는 반영구적으로 기능적인 장애가 나타나게 되는데 당장의 증상으로는 목, 어깨, 팔 등에 빠근한 통증이 생기고 피부가 붓는다. 처음에는 타박상이나 가볍게 뻐 것처럼 보여 쉽게 발견하기 힘들다.

치료는 장기간 휴식하는 것이 가장 좋고 소염진통제를 환부에 주사하거나 냉온찜질을 하는게 도움이 된다.

또 게임하는 도중에 쉬어가면서 스트레칭을 충분히 해서 근육을 이완하고 혈액순환이 잘되게 해야 한다.

-팔목터널증후군의 특징과 예방법
팔목터널증후군은 반복적인 손목 사용으로 손목 앞부분의 신경통로가 눌리면서 손이 저리는 증상이다.

팔목터널은 뼈와 인대로 형성돼 있고 이곳으로 힘줄과 손바닥으로 흐르는 정중신경이 통과한다.

치료는 유동 파라핀에 손을 넣어 쥐락펴락하면서 인대와 근육을 부드럽게 하거나 뜨거운 물에 손을 담그고 5~10분간 쥐었다 폈다하면 된다.

또 손목이 피로하지 않도록 부목을 고정하거나, 소염진통제를 내복하거나, 손관절부위의 정중신경주위에 부신피질호르몬제를 주사하면 증세가 약화된다.

**정신적인 문제

고돌이·테트리스 같은 단순한 게임이 "스타크래프트"·"바람의 나라"·"리니지" 등의 흥미진진하고 폭력적인 게임으로 대체되면서 정신적인 문제가 심각해지고 있다.

가상공간과 현실을 분간하지 못하는 몽롱함 속에서 폭력·강도·절도·강간 등의 범죄를 저지르기 쉽고, 감정이 메마른 무정한 인격을 형성해갈 위험이 높다.

이밖에 게임에 중독되면 과민성발작 등의 증세가 나타나며 심장 박동이 불규칙해지고 부정맥이나 뇌혈류 이상이 생길 수 있다.

특히 비만·고혈압·당뇨 등이 있는 사람이 장 시간 담배를 피우면서

게임을 즐기면 과도한 흥분으로 심장마비를 일으킬 위험도 배제할 수 없다.

게임중독에 빠지는 이유는 현실속에서 경험할 수 없는 사고와 행동을가상 세계에서 실행할 수 있고 억눌러야만 했던 욕구와 불만들을 거침없이 발산시킬 수 있기 때문이다.

선천적인 이유도 있다.

뇌에는 도파민·베타엔돌핀·엔케팔렌 등 쾌락을 고양하고 통증을 억제해 주는 신경전달물질이 분비되는 "쾌락 시스템"이 있다. 이 시스템은 자극이 생기면 다량의 쾌락물질을 내보낸다.

선천적으로 뇌 구조가 부실하거나 젖먹이 때 뇌 회로가 잘못 형성되어 쾌락 시스템이 비정상적으로 작동하면 여느사람보다 쉽게 중독될 위험이 높다.

치료는 환자 스스로 게임중독증에 걸렸음을 인정하고 벗어나겠다는 의지를 갖는 것에서부터 출발한다.

**게임중독방지를 위한 여섯가지

① 일반 게임은 1시간 이내, 스타크래프트 등 네트워크 게임은 2게임(1시간 30분)이하가 적당하다. 2시간 이상이면 중독될 가능성이 크다.

② 식사 시간은 제때 맞춰 고른 영양을 섭취한다. 끼니를 거르거나 라면같은 인스턴트 식품으로 때우면 집착력이 더 강해지고 건강과 심성에도 악영향을 미친다.

③ 정해진 시간에 잠자리에 들어 충분한 수면을 취한다. 밤 늦게까지 게임을 하거나 날을 새다보면 다음날 일상생활에 리듬이 깨지고 건강을 해친다.

④ 낮에 30분 이상 햇빛을 쬐다. 햇빛은 신체 면역기능을 향상시키고, 마음을 편하게 만들므로 정서안정에 도움이 된다.

⑤ 가족이나 친구들과 어울리는 시간을 늘린다. 혼자만의 세계인 게임을 좋아하다보면 인간적인유대 관계에 소홀할 수 있고 너무 개인적인 성향으로 흐르게 된다. 따라서 사람들과 자주 어울릴 수 있는 기회를 만들어주어야 한다.

⑥ 매주 2회 이상 운동을 한다. 컴퓨터 앞에 장시간 앉아있다면 자세도 비뚤어지고 주위 환경에 흥미도 잃게 된다. 따라서 농구나 등산 등의 육체적인 운동을 통해 심신도 다지고 다른 곳에 눈을 돌릴 수 있다.

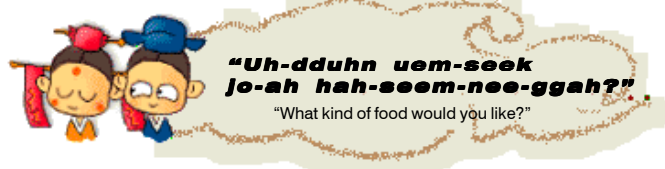
보다 전문적인 치료로는 게임의 실체에 대해 냉철하게 이해하고 행동을 교정하는 인지행동치료 입원·격리치료 또는 환자모임에서의 토론치료등이 있다. 이밖에 충동성을 줄여주고 우울증을 개선하는 선택적 세로토닌 흡수억제제를 투여하는 약물치료와 상담치료 등이 있다.

This article is about "Game Addiction".

Learn Korean Easily



Language Instructor
Minsook Kwon



Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
gu	nu	du	ru, lu	mu	bu	shu, su	ng	ju	chu	kuh	tuh
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ			ㅊ
ggu		ddu			bbu			ssu			jju
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	uh	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ		ㅚ	ㅜ	ㅛ	ㅞ	ㅟ	ㅠ	ㅡ		
ae			yeh	weh	wah	wuh	wee		ui		

Word of the week

야채

o ; silent, ㅑ ; yah /
ㅈ ; ch, ㅐ ; ae
'yah-chae'

vegetable

The phrase of the week

"I like vegetables."

야채 좋아합니다.

Yah-chae

vegetables

jo-ah-hahm-nee-dah.

I like

Conversation of the week

점심 같이 하실까요?
Juhm-seem gah-chee
hah-sheel-ggah-yo?

Would you like to have lunch with me?

좋습니다.
Jo-suem-nee-dah.

That sounds great.

뭐 드시겠어요?
Mwuh due-shee-gae-suh-yo?

What would you like to have?

(사라다)요.
(Sah-rah-dah)-yo.

(Salad).

그거면 되시겠어요?
Gue-guh-myuhn
dwae-shee-gae-suh-yo?

Is it enough for you?

네.
Nae.

Sure.

(칼국수) (kahl-gook-soo) (hot noodle soup)

(군만두) (goon-mahn-doo) (dumplings)

Share this column with a Korean co-worker.